



EFFECT OF CIRCUIT TRAINING AND PLYOMETRIC TRAINING ON DEVELOPMENT OF AGILITY AMONG UNIVERSITY FEMALE TAEKWONDO PLAYERS IN TELANGANA REGION

¹P.ANITHA and ²RAJESH KUMAR,

¹ Research scholar, Department of Physical Education, Osmania University, Hyderabad

²Senior Prof. Dean of Education Department, Osmania University, Hyderabad

ABSTRACT:

The aim of this study was to find out The Development of Agility among University Female Taekwondo Players in Telangana Region. To achieve the purpose of the study Thirty female Taekwondo players have been randomly selected from Osmania University. The age of subjects were ranged from 19 to 23 years. The researcher has chosen the experimental method to carry-out the research work for collecting the data and to arrive at conclusion. The test conducted for Agility:(i) Shuttle Run. The subjects were tested on selected variables prior. The data were selected to the t-ratio test of analysis for significance. The collected data were analyzed statistically through analysis of Mean, Standard deviation and t-ratio test to find out the significance difference, if any between the Taekwondo players. The 0.05 level of confidence was fixed to test the level of significance difference.

INTRODUCTION

Sports provide an education of body which develops health, strength, ability and qualities of sportsmanship, leadership and better international understanding. A combat sport or fighting sport is a competitive contact sport where two combatants fight against each other to gain enough points or a condition to declare a single winner by means of using certain rules of direct engagement. These engagements rules and conditions are significantly different from the rules in simulated contact or combat meant for technical based challenges, practice, or demonstration in martial arts, typically with the aim of simulating parts of real hand to hand combat through kata and self-defense training. Boxing, kickboxing, amateur wrestling, judo, mixed martial arts, Muay Thai and Swordsmanship are examples of combat sports.

TAEKWONDO

Taekwondo into a modern international amateur and Olympic sport, while maintaining its proud tradition as a martial art spirit. However, its popularity is mainly due to its spectacular techniques and its being fun for all ages to learn and perform (Tedeschi, 2013). Taekwondo aims to teach students how to develop their full human potential through tried and tested methods. This is combined with effective tools that reinforce this potential with courage and confidence though rigorous training; while using your feet and fists, you achieve a way of self -fulfilment

STATEMENT OF THE PROBLEM

The Purpose of the present study to find out the “Effect of Circuit Training and Plyometric Training on Development of Agility among University Female Taekwondo Players in Telangana Region.”

SIGNIFICANCE OF THE STUDY:

The findings of the study may be helpful for the physical education teachers and coaches, in assessment of the players ability to take part in different activities and to identify the suitable packages of physical training for the Taekwondo players to improve their performance.

HYPOTHESIS

It was hypothesized that there would be a significant improvement on Agility due to the Effect of Circuit Training and Plyometric Training among university female taekwondo players.

DELIMITATIONS

The study was delimited to 30 female (10 from each group) from Osmania University, Telangana, India.

LIMITATIONS

The following factors like food habits, life style, daily routine works, the changes in the climatic conditions like

temperature, atmospheric pressure, humidity, were not taken into consideration.

METHODOLOGY

The purpose of the study was to find the “Effect of Circuit Training and Plyometric Training on Development of Agility among University Female Taekwondo Players in Telangana Region.” To achieve the purpose of this study 30 female players taken from Osmania University, Telangana, India. Were randomly selected as subjects and their age ranged between 19 to 23 years.

EXPERIMENTAL DESIGN

For this study, the subject are selected at random, independently drawn from Osmania University, Telangana, India. who actively participated in the District, State, South-Zone and National tournament in their respective Game. Hence, the design of the subjects chosen for this study was based on independently random group design.

1. Experimental Group -I acted as Circuit Training group (n=10).

2. Experimental Group -II acted as Plyometric Training group (n=10).

3. Control group (n=10) did not participate any specific training programme.

CRITERION VARIABLES AND TEST:

S.NO	Dependent Variables	Testes/ Instruments	Unit of Measurement
1.	Agility	Shuttle Run	Seconds

ANALAYSIS OF DATA

The test conducted by selecting Thirty Taekwondo players from Osmania

University, Telangana, India. The data was collected by conducting Shuttle Run test. The collected data were subjected to the t-ratio test of analysis for significance

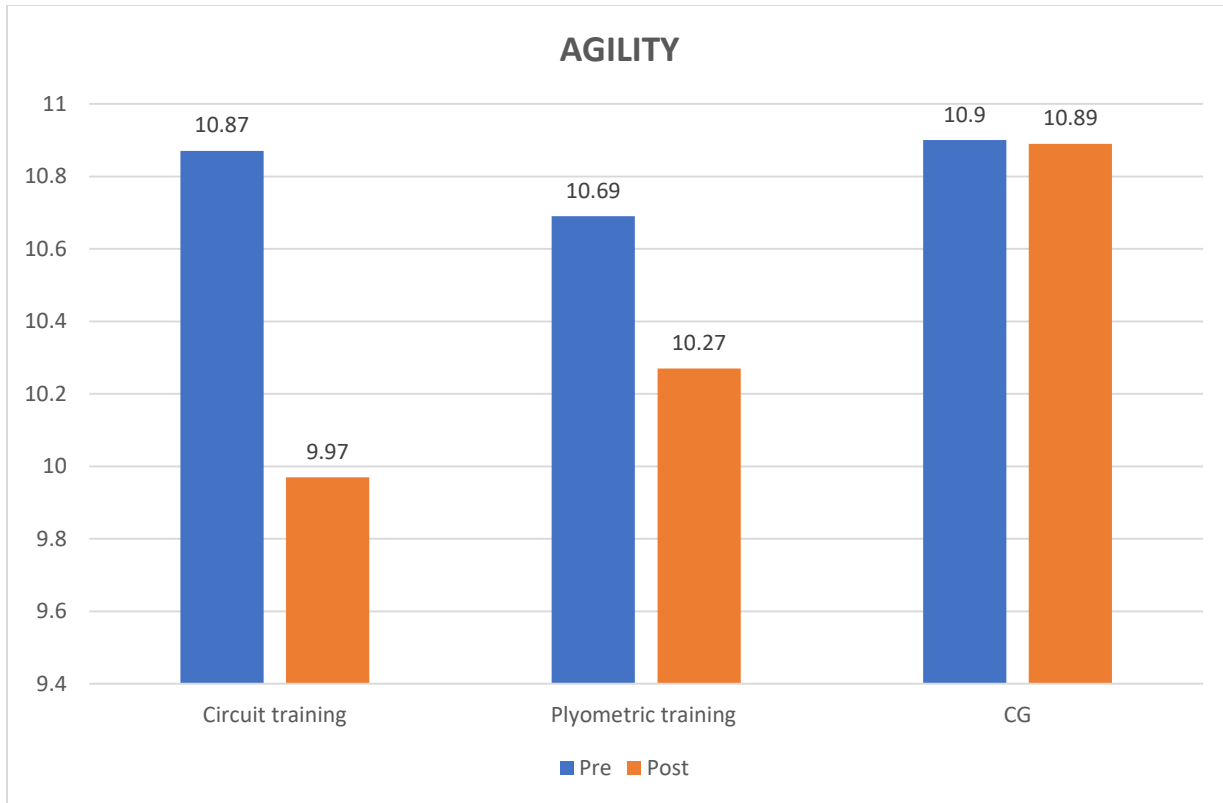
RESULTS AND DISCUSSION**TABLE-1****CIRCUIT TRAINING AND PLYOMETRIC TRAINING - COMPUTATION OF 'T' VALUE**

Group	Variables	Mean		SD		Obtained 't' values
		Pre	Post	Pre	Post	
Circuit training	Agility	10.87	9.97	0.40	0.270	5.96
Plyometric training	Agility	10.69	10.27	0.39	0.37	2.47
CG	Agility	10.9	10.89	0.47	0.43	0.2

Significant.

From the above table it was observed that the calculated 't' values of Agility, of Circuit training were 5.96 respectively and Plyometric training were 2.47 respectively and CG were 0.2 respectively. Since the obtained 't' values of Circuit training and Plyometric training are more than the required 't' values, therefore it was found

that there is a significant difference between the mean values of pre and post training for the Circuit training and Plyometric training. It was found that there is no significant difference between the mean values of pre and post training for the Control Group as the calculated value is less than the required 't' value. Hence the effect of Circuit training is visible on Agility.



DISCUSSION OF FINDINGS

The study found that circuit training and plyometric training significantly altered selected physical fitness variables Agility of taekwondo players.

group. The comparison between the treatment groups proved that circuit training was significantly better than plyometric training in improving Agility of the subjects.

CONCLUSIONS

It was concluded that circuit training and plyometric training significantly improved physical fitness variable, Agility of taekwondo players compared to control

REFERENCE

1.Barrow, H.M. and Gee, R. (1979), A Practical Approach to Measurement in Physical Education, US: Lea and Febiger.

2.**Bucher, Charles A. and Prentice, William E.** (1985). *Fitness for College and Schools*, St. Louis: Times Mirror Mastery College Press.

3.**Clarke and Clarke.** (1989). *Application of Measurement of Physical*

Education, Saint Louis: Mosby Year Book Inc., p. 154.

4.*International Journal of Health, Physical Education and Computer Science in Sports*

5.*Asian Journal of Physical Education and Computer Science in Sports*