

Effect of Training Programme on Physical Fitness of Handball Players

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ABSTRACT

The present study has been conducted with the aim to find out effects of training programme on physical fitness and skill performance of handball players of Gurgaon District. Subjects were selected from Gurgaon district which participated at National Level. The study was focused on the age group of 15 to 20 and subjects were fifty. The result shows that mean and standard deviation 11.82 and .385 of control group and mean 11.40, S.D. is .406 of experimental group. 12.01 mean, S.D. IS .395 Control group and 12.95 mean and S.D. is .232 of experimental group and t-ratio is 8.30 of both group pre and post test. Its a significant difference. Thus we can say that there was significant development in explosive strength after 8 weeks of resistive training.

Key Words: training programme, physical fitness, skill performance and handball players.

INTRODUCTION

Sports and games propagate the feelings of nationalism and help in creating a new generation of individuals with the feelings that the differences based on caste, community and religion have no meaning. The faith, love, peace, and the feeling of goodwill and brotherhood serve to a greater extent towards humanity. Sports and games provide a common platform where sportspersons from different regions, professing different religion and faiths, speaking different languages, having different customs and traditions interact with each other in a harmonious congenial atmosphere. Players forget all their differences and emerge as a homogenous group. Such type of thinking, insight and mental approach can play positive role in nation building. Sports and games help in creating such understanding and can play a very decisive and pivotal role in bringing about national integration.

Training means it keeps the body ready for strenuous work. It is the set of various exercise done to develop player's physical fitness and skill performance. It aims at excellent in sports. It is a planned process by which sportsman acquire sports perfection.

Physical fitness can be defined as a way which helps in the successful completion of a work. Physical fitness covers organic fitness of an individuals. The main components of physical fitness are speed, strength, endurance, flexibility, agility, cardio-vascular fitness and coordinative ability.

Objective

To measure the effect of training programme on explosive strength of handball players.

Delimitation

1. Age group 15 to 20 was selected.
2. Only female handball was selected.
3. Only explosive strength component was measured for physical fitness.

REVIEW OF LITERATURE

RAJNI (2015) Conducted a study of physical fitness components between badminton and lawn-tennis female players of Rohtak district in Haryana. She found that lawn-tennis female players were having better mean values than Badminton players in zig-zag test for agility. And lawn-tennis players were having better mean value than badminton female players in 60 yard dash test for speed.

SINGH (2015) conducted a study on forward and defender football player's physical fitness. To achieve this purpose of study, 80 boys football players were selected in which 40 forward and 40 defender football players between 15 to 17 years of age were selected from senior secondary school Raipur. The result showed that defender football players have better speed, acceleration and agility than forward football players.

METHODOLOGY

SAMPLE: 50 female handball players were selected as a sample.

TOOL: AAHPER test was used to measure physical fitness.

SAMPLING: Random sampling.

STATISTICAL TOOL: 'T' test used to analysis the data of this study.

SELECTION OF VARIABLES:

COMPONENTS	TEST
Explosive power	standing broad jump

RESULTS AND ANALYSIS OF DATA-

The researcher made this training confined to only 8 weeks. Further divided into 2 tests phase i.e. pre-test before the start of experiment and post-test after 8 weeks training program, on both the group i.e. experimental group and control group. The result was analyzed through the use of vicariate approach of statistics.

Table 1: Check explosive power through standing broad jump comparison of pre and post test

Tests	Control group			Experimental group		
Pre-test	Mean 11.82	S.D. .385	t-ratio	Mean 11.40	S.D. .406	t-ratio
		8.40				8.30
Post-test	12.01	.395		12.95	.232	

Significant at 0.1 level

The table shows that mean and standard deviation 11.82 and .385 of control group and mean 11.40, S.D. is .406 of experimental group. 12.01 mean, S.D. IS .395 Control group and 12.95 mean and S.D. is .232 of experimental group and t-ratio is 8.30 of both group pre and post test. Its a significant difference. Thus we can say that there was significant development in explosive strength after 8 weeks of restive training.

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