

Study Of Selected Yogic Practices, Aerobic And Anaerobic Training Programs On Football And Kho-Kho Players

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ABSTRACT

Sport training is a systematic process which enhances the physical and mental capacity of individual to fulfil the demand of sports and games. Sports training have aims to improving the performance of sports persons. The sports performance depends on several factors and sports training aims to develop. Sport training is a physical, technical, moral and intellectual participation or performance with the help of physical exercises. It is a planned process for the participation of athletes and players to achieve top-level performance. As a training season develops, compressive conditioning work for the strength of endurance will gradually form a transition into an emphasis on par with a substitution of intensity of volume in determining the total load (Bomba T., 2005).

Keyword: Yoga, Sport, Aerobic and Anaerobic training Program, Football, Kho-kho,

INTRODUCTION

Education is a dynamic and ever-evolving process. Its goal is to foster the development of latent human abilities and to coordinate their expression for the enrichment and advancement of society. To provide spiritual, moral, and material knowledge to children, India prioritized the notion of free and obligatory elementary school education², which was implemented in a methodical and organized manner.

Education is a necessary component of human life. It is a necessary condition for the development of the "whole man" and a critical tool for speeding everyone's well-being and prosperity in all directions. Man would still be living like a magnificent slave or a thinking savage if he lacked education. As a result, it is one of those topics that everyone discusses.

The practice of yoga helps individuals including sports persons to achieve higher physical, mental, emotional and energy levels. It enables them to realize the importance of life beyond the result of sports and games³. At the physical level asanas, kriyas, mudras and pranayama stabilize and balance the lop-sided physical drills necessary for sporting activity. Yoga plays vital role in improving the physiological conditions of vital organs namely cardiovascular, respiratory, digestive, eliminative, endocrine, nervous and muscle-skeletal system. It also strengthens, clean and purify the body consciously.

Like physical and physiological condition Yoga plays crucial role in enhancing the psychological condition of individuals including sports persons such as reduce anxiety, aggression, tension, ego weakness, guilty feelings, frustration (Iyengar, 2001)¹. It leads individuals to complete wellbeing (physically, physiologically, and psychologically as well). With the practice of yoga individual feels fresh, relaxed and full of vitality remarkably. Asana contribute more on body while pranayama expands the consciousness. The functional characteristics of lung improved as a result of yogic exercise (Iyengar, 2001).

Kho-Kho demand physical fitness, strength, speed, stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho⁴. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members. By playing the game of Kho-Kho one can develop all the fitness qualities. The basic movements

¹ Iyengar, B.K.S. (2001). Yoga the Path to Holistic Health, Great Briton.

required to play the game resulted in the improvement of fitness. The movements are high level of speed and agility with its quick turns, speed of play in defending and chasing. And the game requires leg strength, endurance, quick sit ups, alertness and presence of mind are also improved. So, playing kho-kho individual can achieve all the physical fitness qualities such as speed, strength, agility, coordination, endurance and flexibility.

Football: The game of Football⁶ demands a high level of fitness that will enable the players to run strongly, to move quickly off the mark in any direction to control, to pass accurately and to tackle efficiently throughout the game. Football requires a high standard of physical fitness along with skills. Since the game of Football is played for 90 minutes (if necessary an extra period of 30 minutes for the match ends in a draw in knock out tournament) it demands a high level of physical fitness and the training programme should be planned accordingly. The player in good physical condition is generally throughout to have the ability to do sustained work over a longer period.

The old London Football Association has paved way for an international association during these years. The FIFA founded at the turn of the 20th century (1904) governs all the international games. The FIFA (Federation International de Football Association) sponsors the soccer World Cup which is being conducted once in every four years since 1930. The four years between two World Cups are spent in drawing up fixtures between different international teams to decide who will eventually participate in the next World Cup. It had been the custom of FIFA (the world governing body for Football) to allocate World Cup finals alternatively on a four-yearly cycle between the traditional major power bases of Europe and South America.

FIFA recently took the decision to allocate the World Cup finals between all the major FIFA confederations on a much more 'even handed' basis than has been the case in the past. This is partly due to the expansion of FIFA and the ambitions of its 204 members.

Skills in Football

Winning a match depends on effective combination of all the fundamental skills. Higher-level skill development and intelligence play are a winning combination against tough opponents. In the game of football the game performance is the summation of all the acquired skills of the individual players. The ability of the players is determined by their grouping of all the acquired fundamental skills and being able to use them as the situation requires. Even though the modern football changes the nature of the skill, the foundation⁸ starts from the fundamental skills. The fundamental skills in football are dribbling, kicking (shooting), passing, heading, throw-in, trapping and dodging. The most important skills in football are elaborated hereunder.

Greatness of human life

The body is the ideal vehicle for the soul to embark on its divine quest for perfection. Because the soul is devoid of a physical body, it is unable to experience any sensations and hence cannot attain loftiness. As a result, human existence on this planet must be pursued along a carefully chosen path, and it may be destined to achieve the objective of life.

"I have to be deserving of life.

I'm getting plenty of food, exercise, and relaxation. "Let me be well"¹ – this should be everyone's motto.

India is a wonderful country with a long history and a well-organized society. As a result, it attracts people from all over the world. The committed Rishis and Yogis are at the pinnacle of our country's magnificence. They are India's true builders. They have devised plans for future generations, including norms of living, peaceful means of measurement, expanding roots, and so on. After hundreds of years of meditation, they discovered a life pattern that is both perfect and delightful. As a result, in order to achieve inner harmony, everyone should pursue the genuine path in their lives. Living Yoga, by George Feverstein and Stephan Bodian et al. (New York: Putnam Publishing Group, 1979),

When we achieve inner peace, we are content. When we hear a pleasant song, sip a refreshing beverage, or receive good news, we have the same feeling. We become completely inactive and unknowingly integrated with our thinking throughout that moment. Happiness is the objective of our lives, and we strive to achieve it by exerting ourselves physically and mentally without becoming bored or fatigued. We must strive for true, eternal, and permanent happiness throughout our lives.

Modern life Problems and its Solutions

Life in the modern day is full of conveniences. Because of sophisticated technology, the entire world is connected via communication and transportation. Despite having obtained and amassed all of these man-made miracles and naturally attainable affluence, mankind continues to face a wide range of difficulties and suffers. Apart from the suffering community, the pollution of others' thinking also affects the good and noble people. Even individuals who are safe and comfortable in life are subjected to these hardships.

The obvious reason for this is that no one is willing to change his or her own beliefs or behaviours. A radical movement must be carried out in a well-planned manner to bring about significant change. By making everyone comprehend the

wealth of nature, this behavioural transformation may be brought about, ensuring individual security, material prosperity, democratic fraternity, and the freedom to live and enjoy one's birth rights. Nature's contribution to the spiritual domain is beneficial in all aspects of life.

For all of these reasons, regular yoga and its related systems practise is the only course of action that may raise the planet and is the sole solution and treatment for all life's issues at all ages. Yoga should be introduced and inculcated, and the world should be made aware of its influences, as the current generation begins to drift away from living in harmony with nature.

Physical fitness

It is a term that refers to the state of being physically fit. It is defined as a set of physical characteristics that people possess or attain that are related to their ability to engage in physical activity (Peter Kokkinos 2009). The ability of a person to accomplish a certain work effectively and efficiently, as measured by their physical well-being (Dagoon 1996). According to physical education, the primary goal was to achieve physical fitness. When compared to the Indian context, however, it was religious with sports. Yogasanas, Suriya namaskars, Pranayama, and sports like Kabaddi were all popular among ancient Indians. For enjoyment and health, Kho-Kho and Atyapatya are used. Numerous studies have proven the significance of physical fitness in improving athletic performance. When we look back at the history of physical education, it is clear that they emphasized exercise for greater health and well-being. Scientists and trainers have developed many training methods to increase physical fitness as a result of recent advancements in the world of sports. The specialist also wrote the sports-specific fitness and sports skills sections.

Physical Changes

"Physical fitness refers to an individual's organic capacity to complete routine everyday tasks without excessive or weariness, while also having reserves of strength and energy available to meet adequately any unexpected emergency needs." — Richard Nixon

"Fitness is a term that describes a person's ability to function to a certain extent. Individual fitness is a personal concern. It refers to a person's ability to live up to his or her full potential. The ability to operate is determined by the physical, mental, emotional, and social aspects of fitness, all of which are interrelated and mutually reliant." -Kirchner.

It's vital to remember that fitness is a personal attribute that varies from person to person. It is impacted by age, sex, heredity, personal habits, exercise and eating habits, diet, attitude toward life, anxiety, tension, and stress, physical fitness values, institutional curriculum, and state policy/legislation; nevertheless, the first three factors are uncontrollable. It is, nevertheless, possible to adjust and improve the person's other characteristics⁹ (Ajmer Singh et al. 2003).

Yoga: Yoga plies an important role by bringing the therapeutic effect in asthma, diabetes, hypertension and respiratory troubles. Some yoga has both preventive as well as curative value. Positive changes in the life style of the people can be brought through yoga. During the period of education, Yoga can make them aware of their bodies and further make them realize the need of physical and emotional well being. Yoga controls one of sense resulting in an integrated personality and behaviour can be moulded properly leading to balanced personalities.

Swami Kuvalieananda (1977) stated that yoga has complete massage for humanity it has a message for the human body. It has a message for the human mind and it has also a message for human soul.

Astanga Yoga by Swami Vivekananda. The basis of astanga yoga is the yoga sutras of Patanjali. We will consider the different aspects of yoga while remaining under the guiding principles of patanjali's yoga. The asana, pranayama, dhayna¹⁰, Dharana and Samadhi, including yama and niyama as basic principles.

- i. Yama: These are Social principles followed by yogi's as satya (truthfulness), ahimsa (non violence), Astayea (non stealing), bhamcharya (celibacy) and Aparigraha (non possessiveness).
- ii. Niyama: These personal discipline are mandatory for the yogi's, are purity soucha (External and internal cleanliness), Santosha (Contentment), tapa (Endurance), Swadhaya (self study) and Eshwar pranidhan (dedication to the god).
- iii. Asana: Physical postures used in yogic exercises to build your body for healthy existence and diseases prevention. These are stable and comfortable postures which helps mental equilibrium.
- iv. Pranayama: Extension and control of breathe scientifically to control over the mind stuffs.
- v. Pratyahara: The term means 'withdrawal senses', a mental preparation to increase the power of mind.
- vi. Dharana: the term means concentration on object
- vii. Dhyana- (mediation) Withdrawing mind from all external objects and focusing it on one point and meditating on it.
- viii. Samadhi (Salvation) State of super bliss, joy and merging individual consciousness to the universal consciousness. Union between jivatma¹¹ and paramatma. Union of Shiva and Shakti in Sahasrar Chakra. Realization of god is the ultimate achievement of human birth.

However the question arises, why people should prefer yogic exercises rather than athletics, gymnastics, wrestling etc. What is special about yogasans? The following points may justify the importance of Yogic practices.

- i. Yogasans are a milking massages of the muscular tissue which removes all waste products from our cells through lymphatic and circular system. It also activates our endocrine and exocrine glands smoothly & gradually.
- ii. A long duration steady position in any yogic posture controls our mind stuffs and also improves muscular endurance and flexibility.
- iii. Yogasans improve our resistance power against diseases and don't allow any waste material accumulate in the body. It controls our life style disorders.
- iv. Yogasans are energy conservative and fully aerobic while other exercises are exhaustive in nature and they lead to physical fatigue and also prolonged fatigue.
- v. Yogasans keeps your muscle toned naturally but other exercises make our muscles stiff and less flexible.
- vi. Pranayama is also means of yoga, it keeps our respiratory system strong capable to inhale at the maximum limit of our organism. This supplies max O₂ to our body.
- vii. The entire goals of yogic practices are very much different from exercises i.e attainment of complete well being.

Sports Training

Sports training is an athlete's physical, technical, moral, and intellectual participation in physical exercises. It is a method for athletes and players to participate in order to reach top-level performance. Sports training¹² is the most basic form of athlete preparation (Matwejew -1981).

Sports training is a scientifically based and pedagogical method of sports perfection that attempts to guide athletes to high and highest performance levels through a systematic effect on psycho-physical performance ability and performance preparedness (Harre-1981). However, using physical exercises in a systematic and consistent manner does not ensure maximal performance development. However, a variety of aspects, such as sports equipment, verbal instructions, means of recovery, means of capacity assessment, nutrition, and psychological means, all contribute to the effectiveness of these workouts.

Building a multi-story building is similar to training. Building ingredients include aerobic and anaerobic running, complete fitness, flexibility, and so forth. To achieve the goal of finished buildings or a competitively fit athlete, a variety of materials, such as training intensities and modalities, should be used in an ongoing process. The relative mix of all of these elements will vary depending on the progress of the construction plan. As a training season progresses, compressive conditioning exercises for strength and endurance will progressively give way to a focus on power, with intensity replacing volume in determining total load.

Purpose of Sports training

The goal of a sports training program is to generate metabolic, physiological, and psychological adaptations that will allow the athlete to perform at a high level. When the demand for aerobic energy is increased through exercise, the size of muscle mitochondria rises, resulting in larger and more numerous chemical factories where aerobic metabolism occurs. These will assist athletes in obtaining more energy through aerobic metabolism. The first step in the adaption process is to create a requirement for increased aerobic energy. To achieve this, training must be sufficient in terms of both duration and intensity. The second phase is to give nutrients to mitochondrial tissues in order to build and repair them. Third, as a form of super compensation, the athlete must be provided enough rest to replenish his or her energy. There are various sorts of training that can be used to achieve the needed development.

Aerobic Training

Aerobic activity necessitates the intake of oxygen by the lungs and its transport to the blood vessels. The heart subsequently pumps oxygen-rich blood to the muscles. Muscle contraction necessitates the use of oxygen. Chuck Krautblatt (Chuck Krautblatt, 2008).

Your body's oxygen carrying capacity can fully deplete the energy (food) required for aerobic activity. The terms "aerobic" and "aerobic"¹³ are commonly used interchangeably to denote "with oxygen" and "without oxygen," respectively. Despite the fact that both processes use oxygen (Carl Millar 2005) The amount of effort that can be completed using the oxidative system to turn nutrients into energy is a valuable component of most fitness programs (Donald.A.Chu, 1998). (Ronald .P. Pfeiffer - 2008). Aerobic energy is clearly the most important form of energy for any sport, and the game Kho-Kho is no exception. My goal is to determine the impact of aerobic exercise on Kho-Kho play.

Anaerobic Training

"It is described as a biological process in which organic matter is digested without the use of oxygen or its precursors in an environment where oxygen or its precursors are not disposed of." Athletes in non-endurance sports employ anaerobic training to increase their power, and bodybuilders use it to increase their muscular mass.

Muscles trained in anaerobic settings develop physiologically differently, allowing them to perform better in short-duration, high-intensity activity. Aerobic exercise, on the other hand, consists of activities that are conducted at a reduced intensity for longer periods of time. Running, swimming, and cycling all demand a lot of oxygen to provide the energy needed for lengthy periods of time. The ATP-PC¹⁴ energy system, which uses creatine phosphate as its main energy source, and the lactic-acid (or anaerobic glycolysis) system, which uses glucose (or glycogen) in the absence of oxygen, are the two types of anaerobic energy systems. The latter uses glucose inefficiently and creates by-products that are regarded to be harmful to muscular function. The lactic acid system is the dominant energy system during high-to-maximal-intensity exercise for short periods of time (up to about 1 minute), but the lactic acid system can still provide a portion of the required energy during aerobic exercise because the body has a limited capacity to eliminate anaerobic by-products. Muscles can improve their efficiency at removing by-products by training. Kho – Kho is a game that requires both aerobic and anaerobic energy to play. The goal was to determine the anaerobic capacity of Kho-Kho players at various intensities

CONCLUSION

This Paper consists the introduction part of the study which was described the yogic practice in sports especially in football and kho-kho, their importance and benefits of yogic practice for psychologically and physiologically variables. In this paper described the objectives of the study, hypothesis of the study and delimitation of the study which will indicate the limitation of the research.

This paper revealed that like physical and physiological condition Yoga plays crucial role in enhancing the psychological condition of individuals including sports persons such as reduce anxiety, aggression, tension, ego weakness, guilty feelings, frustration. It leads individuals to complete wellbeing (physically, physiologically, and psychologically as well). With the practice of yoga individual feels fresh, relaxed and full of vitality remarkably. Asana contribute more on body while pranayama expands the consciousness. The functional characteristics of lung improved as a result of yogic exercise.

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