



IMPACT OF WEIGHT TRAINING ON STRENGTH OF SPORTS PLAYERS

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ABSTRACT

The study based on experimental method the researcher tried to know the impact of Weight training on the strength of sports players of Gulbarga district. The study also revealed the importance of weight training in the present world, the pull up test was used to measure the hand and shoulder strength of sports players, before conducting the weight training the researcher tested the shoulder strength level among sports players, after 5 weeks of training again the researchers tested the strength level to know the impact of weight training on the dependent variable of the study, Fifty sports players were selected as sample for the study, the modified weight exercise session impacted on the upper body strength among sports players. the pre test data and post test data were compared through the help of SPSS statistical software to find the result of the study.

KEYWORDS: Weight training, Strength.

INTRODUCTION:

Sports training is a physical, technical, moral and intellectual participation of performance with the help of physical exercises. It is a planned process for the participation of player and players to achieve top-level performance. Training is much like constructing a multi storied building. One needs the following to construct the building, such as aerobic, anaerobic running, comprehensive conditioning, flexibility, etc. Several kinds of materials like training intensities and modalities should be utilized in an ongoing process to complete the goal of finished buildings or competitively fit player.

The weight training is the one of the best training method in the sports field, the basic and natural body weight also used to training the fresh entry to the sports and games. In the present advanced training program consists of small weighted dumbbell to gymnasium and multi body building machines.

ANTERIOR TORSO

Compound exercises that activate anterior torso muscles are among the most important weightlifting exercises. Upper body pushing exercises, such as the bench press, work the sternal head of your pectoral muscles, which are the largest anterior torso muscles. Compound exercises pushing, such as the bench press, also activate the clavicle head of the pectorals, the anterior deltoids, triceps and biceps. The bench press is the most important exercise for developing your chest with functional power

POSTERIOR TORSO

Posterior torso exercises help develop your back muscles. Upper body pulling movements are the most important weightlifting exercise for developing the anterior torso. Compound upper body pulling exercises, such as weighted pull ups or bent-over rows, involve shoulder, scapula and elbow joint

movements. Pull ups and rows work more than a dozen different posterior torso muscles. Electromyography data published in March 2010 by strength and conditioning specialist, Bret Contreras, suggests that weighted wide-grip pull ups are particularly important for the latissimus dorsi muscle, and dumbbell bent-over rows are ideal for the trapezius.

LOWER ANTERIOR CHAIN

Your primary lower anterior chain muscles include the rectus femoris, vastus lateralis, vastus intermedius and vastus medialis. These four muscles are collectively known as the quadriceps. Compound lower body pushing weightlifting exercises are ideal for training the quadriceps. Lower body pushing movements, such as the squat, involve knee and hip joint movements. Variations of the squat, such as the full squat and parallel squat are the most important weightlifting exercises for your lower anterior chain muscles. Squatting exercises also activate the abdominal muscles.

THE BENEFITS OF WEIGHT TRAINING

There is actually a long list of why you should include strength training in your program.

- Not only does strength training **increase your physical work capacity**, it also improves your ability to perform activities of daily living (ADL's). You will be able to work harder and longer with the proper weight training activities.
- **It improves bone density.** One of the best ways you can control bone loss as you age is to add strength training into your workout plan.
- It **promotes fat-free body mass** with decreasing sarcopenia. The lean muscle mass that we all work so hard for decreases with age. If we don't add strength training to our routine then it will turn into fat.
- It **increases the strength of connective tissue, muscles, and tendons.** This leads to improved motor performance and decreased injury risk.
- **It improves your quality of life** as you gain body confidence. Strength training will not only make you strong, but will also help with managing your weight.

Weight training is a very important aspect of sports training or physical body training and every body is aware of their effects on the body's muscles and tendons. Many researchers and analysts also believe that weight training with the right cardio exercises is known to reduce and control hypertension and supports the cardio vascular health functions of the body. The greatest benefit of weight training on the body is the creation of lean body mass, which helps burning calories (Arnheim, 1985).

METHOD

The research investigator intended to know the impact of Weight training on the upper body strength among the sports players, the study conducted two tests, pre test which tested before conducting the Weight training and the post test conducted after the Weight training to the sports players. The research study revealed the impact of Weight training

The objectives

- ❖ To Measure the level of strength among sports players
- ❖ To find out the impact of Weight training on the upper body strength among sports players.
- ❖ To compare the pre and post test result to find out the impact of Weight training on upper body strength among sports players.

The hypothesis

- ❖ There would be significant influence of Weight training on upper body strength of sports players
- ❖ There would be significant difference in pre and post strength levels among sports players.

Sample

Fifty sports players were selected as sample for the study through the simple random sampling method, all the male sports players with same age group selected for the research study. the sports players were willingly participated in the study and engaged themselves in Weight training for five weeks.

Tools

The single bar pull up test was conducted to measure the upper body strength among sports players of Gulbarga district.

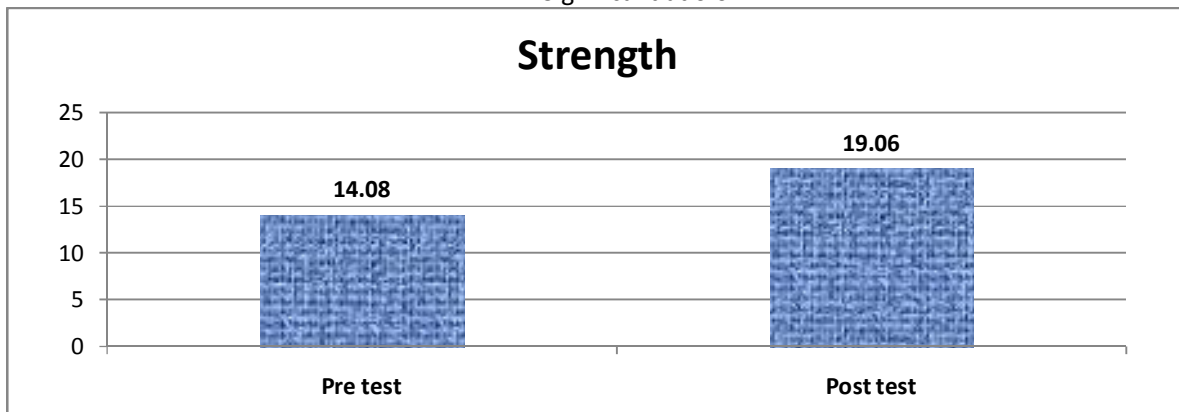
Statistical tools mean, SD, t tests were used to prove the research hypothesis of the study.

Data Analysis & Interpretation

Table Showing the Significant Impact of Weight Training On Strength Among Sports Players.

Strength	N	Mean	SD	t value
Pre test	50	14.080	2.601	11.929**
Post test	50	19.060	2.773	

Significant at 0.01



The table and graph are showing the impact of Weight training on the strength of sports players of Gulbarga district. The pre test strength mean score is 14.08, standard deviation is 2.601 after involved five weeks Weight training for same subjects we seen the post test mean score is 19.06, the standard deviation is 2.773, the calculated t value is 11.929, significant at 0.01 levels.

FINDINGS

- ❖ There is significant impact of Weight training on the strength of sports players of Gulbarga district.
- ❖ There is significant difference in pre and post strength tests among sports players.
- ❖ The Weight training has the significant influence on the strength of sports players

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