



EVALUATION OF MOTOR FITNESS OF RACKET GAME PLAYERS BY MODERN TRAINING PROGRAMME

Dr. Bhaskar Shukla

Assistant Professor, H.N.B. Govt., P.G., Collage, Naini, Allahabad.

ABSTRACT

The aim of this study was to find out how Modern Training Program affects selected University level racket game players motor fitness variables. For this research, 40 college athletes who played in various intercollegiate games were taken as the subjects with age ranging between 20 to 27 years. Selected Motor Components like Muscular Endurance, Speed, Agility & Explosive Strength of University racket game players, were selected for this study. The study was delimited to experimental period of 4 weeks Modern training programme had been given six day in a week exception of holiday. It was hypothesized that no significant effect of Modern training programme on selected motor fitness variables of College athletes. To find out the effect of Modern training programme on selected motor fitness variables of College athletes 't' test was calculated. 't' Ratio value of pre-test and Post-test were significantly at 0.05 level. This was concluded that Modern training exercise for the period of four weeks was effective to improve the motor fitness variables of college athletes.



KEY WORDS : motor fitness, training.

INTRODUCTION :

The term motor fitness became popular during world war II as tests that could be given quickly to many subjects with a minimum of equipment were constructed for use by various branches of the armed forces and by schools and colleges. Motor fitness is thought to be a limited dimension of general motor ability, (Element of motor fitness) with emphasis placed on the underlying element of vigorous physical activity, but does not include the neuromuscular coordination involved in motor skills (N.P.Sharma).

Modern training is a standardized style of training in which an athlete undergoes a series of chosen exercises or activities in a sequence or circuit. Circuits can be set up inside gymnasiums, exercise rooms, or outside in courts and fields. Usually there are six to ten stations in circuit. The athlete performs a specific exercise as each station and then goes to the next station. The goal is to move through the circuit as quickly as possible, attempting to improve either by decreasing the total time it takes to complete the circuit or by increasing the amount of work performed at each station, or both are spread around the circuit training field. The greater the distance between stations, the greater the degree of cardiovascular conditioning as the Individual runs from one station to next (Anthony A. Annarino).The objective of the present study was to Assessment of Modern training programme on selected motor fitness components of University level racket game players..

METHODOLOGY:

The study was delimited to the 40 male athletes who belong to the University level racket game players age group of 20 to 27 years. And limited to four weeks of follow-up training New training. Athletes were gone through with 4 week Modern training program and following set of exercise or training was provide to all athletes those are actively participating in racket game at intercollegiate level only for 1 hour. The subjects were selected each test and administrated of 50 mts. Run, Shuttle run, Standing Broad jump and sit-ups. It was hypothesized that there was a significant effect of Modern training programme on selected motor fitness components of University level racket game players. The following criterion measures were included the record the readings of various test items of motor fitness components.

- i. The score of Abdominal Muscular Strength made by the individual on Bend Knee Sit-Ups Test. The score was recorded as the total number of correct sit-ups in sixty seconds.
- ii. Leg strength was measured by Standing Broad Jump Test and it was recorded in Meters.
- iii. Coordinative ability was measured by Shuttle Run and it was recorded in seconds.
- iv. Speed running was measured by 50 mts and the score was recorded to the seconds.

It calculates the mean of pre-test and four fitness variables post-test. Standard Pre-test variance and post-fitness variables are also measured using the 16th edition of SPSS. Score on 50 m for the subjects. Run, shuttle sprint, Standing Wide Jump and test sit-ups performed before and after the experimental duration represented the score for the study reason. The trust level was set at 0.05 for measuring the difference between Pre-test and Post-test.

RESULTS

Table no. 1
Comparison of Means of Selected motor fitness components of pre test and post test of 50 mts. Run

Test	Mean	Standard Deviation	Mean Difference	Standard Error	't' Ratio
Pre-test	7.50	.67	-.38	.147	3.34*
Post-test	7.93	1.14			

*Significant at 0.05 level.
t.05 (38) =2.04

The mean value of Pre-test and Post-test of 50m. Run is 7.50 and 7.93 respectively. Standard deviation value of pre-test and Post-test is 0.67 and 1.14 respectively. Value of 't' ratio is 3.34, this value of 50m. run is significant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.04.

Table no. 2
Comparison of Means of Selected motor fitness components of pre test and post test of Shuttle run

Test	Mean	Standard Deviation	Mean Difference	Standard Error	't' Ratio
Pre-test	11.02	.83	-.05	.12	3.89*
Post-test	11.33	.79			

*Significant at 0.05 level.
t.05 (38) =2.04

The mean value of Pre-test and Post-test of Shuttle Run is 11.02 and 11.33 respectively. Standard deviation value of pre-test and Post-test is .83 and .79 respectively. Value of 't' ratio is 3.89, this value of Shuttle Run is insignificant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.04.

Table no. 3
Comparison of Means of Selected motor fitness components of pre test and post test of Standing Broad Jump

Test	Mean	Standard Deviation	Mean Difference	Standard Error	't' Ratio
Pre-test	1.74	.23	-.18	.0042	3.12*
Post-test	1.99	.21			

*Significant at 0.05 level.
t.05 (38) =2.04

The mean value of Pre-test and Post-test of Standing Broad Jump is 1.74 and 1.99 respectively. Standard deviation value of pre-test and Post-test is 0.23 and 0.21 respectively. Value of 't' ratio is 3.12, this value is insignificant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.04.

Table no. 4
Comparison of Means of Selected motor fitness components of pre test and post test of Sit ups

Test	Mean	Standard Deviation	Mean Difference	Standard Error	't' Ratio
Pre-test	24.24	5.33	-.26	1.49	2.98*
Post-test	27.32	6.34			

*Significant at 0.05 level.
t.05 (38) =2.04

The mean value of Pre-test and Post-test of Sit-ups is 24.24 and 27.32 respectively. Standard deviation value of pre-test and Post-test is 5.33 and 6.34 respectively. Value of 't' ratio is 2.98, this value of Sit-ups is significant at 0.05 level. To be significant at 0.05 level, the value of 't' ratio should be greater than or equal to 2.04.

DISCUSSION OF FINDINGS

From the analysis of data it was evident that the mean of Post-test was improved, it proved that, the motor fitness of the athletes determined by other factors like heredity, sex, diet and age it also found that the four weeks of Modern training programs is sufficient to improve the motor fitness of the University level racket game players..

The hypothesis stated earlier that there would be significance effect of Modern training programme on selected motor fitness components of University level racket game players were accepted.

CONCLUSIONS

There was significant difference of Pre-test and Post-test of specific motor fitness variables like 50m.Run, shuttle run, standing broad-jump and sit-ups of of University level racket game players.

The above results help to conclude that Modern training exercise for the period of four weeks was effective to improve the motor fitness variables of University level racket game players..

BIBLIOGRAPHY

- Anthony A. Annarino, "**Development conditioning for physical education and athletic publication.** Purdue University. Pp09.
- Charles A.Bucher, **Foundation of physical education and sports.** B.I. Publications Pvt Ltd New Delhi. Pp07
- Devinder K. Kansal, **Test and measurement in sports and physical education.** D.V.S. Publications kalkaji, New Delhi 110019 .pp 195-96,212,264-66.
- Harold and Barrow and Rosemany Mc Gee., **A Practical Approach to measurement in physical Education.** (Philadelphia 3rd Edition). PP.119.
- Jackson R. Sharman, **Introduction to physical education,** Pp1.
- K.G. Saiyidain, **A National plan of physical education and recreation,**. Pp1
- M.L. Kamlesh, **physical education.** Khel Sahitya Kendra 7/26, Ansari road, Darya Ganj New Delhi -110002. Pp01,226-28
- N.P.Sharma, **Officiating and Coaching in sports.** Khel Sahitya Kendra ,7/26, Ansari road, Darya Ganj,New Delhi- 110002.Pp.338-40.
- Report, **Physical education a draft curriculum for classes I to X** . National council of education research and training, 1980.Pp.01