



EFFECT OF CIRCUIT TRAINING ON STRENGTH ENDURANCE OF KABADDI PLAYERS.

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ABSTRACT:-

The purpose of the study was to investigate the effect of eight weeks circuit training on strength endurance of kabaddi players. To achieve the purpose of the study fifteen (N=15) male kabaddi players were selected from chitradurga district. The age of the subjects were ranged between 22 to 25. Isometric method of test was used to find out the strength endurance of the subjects. The statistical technique 't' test was used at 0.05 significance level for the analysis of pre-test and post-test data.

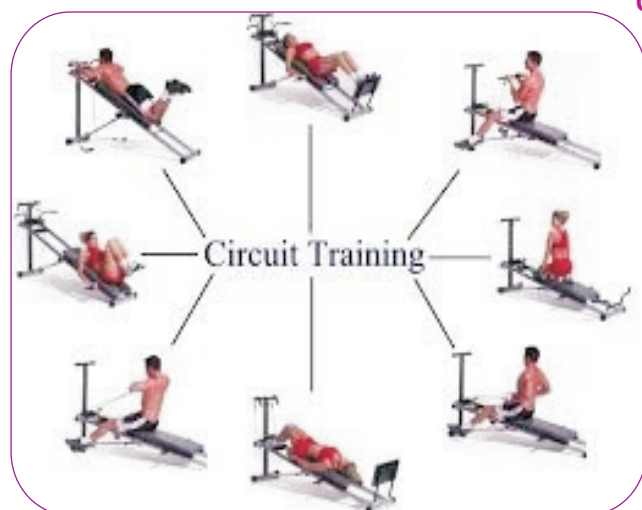
KEYWORDS: Circuit Training, Strength Endurance, Kabaddi.

INTRODUCTION :

Strength endurance is the ability to overcome or to act against resistance under conditions of fatigue. In all sports movements, whether fast or slow, movements have to be done under lesser or higher conditions of fatigue. Strength endurance is important in most of the games.

Circuit training is a very popular and effective variation for the improvement of strength endurance. In this type of training several exercises are done one after another. Completing of one set of each exercise in a rotation is called one round. There are normally three or more rounds in circuit training. In circuit training, generally 5 to 12 exercises.

Kabaddi is an Indigenous game of India. It requires power and skill. It was originally meant to develop self defense, in addition to develop responses to attack and reflex of counter attack. Kabaddi is a body contact game and the intensity and aggression run very high amongst the player.



OBJECTIVE OF THE STUDY:

The objective of this present study was to investigate the effect of eight weeks circuit training on strength endurance of kabaddi players of chitradurga district.

METHODOLOGY:

The purpose of the study was to find the effect of eight weeks circuit training on strength endurance of kabaddi players of chitradurga district. To achieve this purpose, fifteen (N=15) male kabaddi players were selected as subjects. The simple random technique was used to select the subjects. To find out the strength endurance of kabaddi players isometric strength test that is maximum holding on half squat position. The duration was recorded in seconds. The circuit training

was received by the selected subjects for eight weeks (four days in a week). The data was collected before and at the end of the eight weeks circuit training.

STATISTICAL TECHNIQUE:

The statistical technique mean, SD and 't' test was performed on pre-test and post-test data. The test was performed on 0.05 significance level.

RESULT:

The purpose of the study was to find the effect of eight weeks circuit training on strength endurance of kabaddi players of Chitradurga district.

Table 1
The table showing the mean, SD and 't' value of pre-test and post-test of strength endurance of kabaddi players.

| | N | Me a n | S D | 't' Value |
|------------|----|--------|--------|-----------|
| Pre -test | 15 | 3.2827 | .81642 | 11.66* |
| Pos t-test | 15 | 4.6833 | .66674 | |

*0.05 significance level

From the above table it is clear that, the 't' value 11.66 is greater than the critical value of 't', hence there is a significance difference between pre-test and post-test data.

CONCLUSIONS:

On the basis of findings of the present study the following conclusions were drawn; The eight weeks of circuit training will positively differs in strength endurance of kabaddi players. kabaddi is a strength dominating game. Hence, the proper development of strength endurance of kabaddi players is essential. Circuit training method can be used as a training mean to develop the strength endurance of kabaddi players. The eight weeks of circuit training will positively differs in strength endurance of kabaddi players.

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