

EFFECTS OF SELECTED SWIMMING EXERCISES TRAINING PROGRAM ON 50MTS FREE STYLE PERFORMANCE OF SCHOOL GIRLS

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Abstract:

The purpose of the study was to find out the effects of selected swimming exercises training program on 50mts free style performance of school girls. In order to achieve this purpose twenty swimmers were selected as training program at random and their age ranged between fourteen to sixteen years. Group consisted of twenty swimmers.

KEY WORDS:

50mts freestyle performance, selected swimming training program.

INTRODUCTION

An activity in which the body is propelled through water by specific movement of the arms and the legs. Swimming as propulsion through water by the movement of limbs, tail, or fins of animals is often studied as a form of physical exertion or endurance. The activity of moving oneself through water using one's arms and legs while buoyed up by the water, carried out by humans for amusement, exercise, sport or entertainment.

Physical fitness depends on the nature of activity and is indicate of the level of physical fitness. The total physical fitness involves the combination of Strength, Flexibility, Endurance, Rhythms and Balance.

Another turning point in the history of swimming is when schools accepted swimming as a natural part of any life education. Thus, they began to teach swimming in schools not just as a life safety course but as an extracurricular activity. However, swimming competitions began to arise around the mid 1800's. England was the first to modernize the sport and incorporate an indoor swimming pool with a swim team. In 1837, London's six artificial pools hosted competitions. They began to formulate new swimming styles including the sidestroke and later evolved freestyle swimming. The 1896 Athens Olympic Games included swimming, offering the 100 meter and 1500 meter freestyle. In time, additional freestyle races were added, as well as the backstroke, butterfly, breaststroke, and the IM or individual medley. The world swimming association named Federation Internationale de Natation de Amateur (FINA) was established in the year 1908. Women were allowed to participate in 1912 Olympic which was held in Stockholm. Today, swimming is one of the most competitive and most-watched sports at the Olympic Games. Moreover, swimming became one of the top means of exercise. The recreational aspects of swimming continue to make it a popular pastime and a beloved sport.

STATEMENT OF THE PROBLEM

“Effects of Selected Swimming Exercises Training Program On 50mts Free Style Performance of School Girls”.

OBJECTIVES OF THE STUDY

- 1.To measure the 50mts freestyle performance of the school level girls of U -14 to U-16 years.
- 2.To prepare the separate selected swimming exercise training programmed of school level girls.
- 3.To the find out the effect of swimming training program towards the improvement of 50mts freestyle performance of school level girls.

HYPOTHESIS

The hypotheses formulated in the present study are as follows:

1. There would be significant improvement on 50mts freestyle performance of school level girls.

DELIMITATION OF THE STUDY

The study was delimited to the following aspects:

1. 20 School girls from international school Hyderabad were randomly selected as subjects for the study.
2. This experimental study was administered to only one experimental group.
3. The age of subjects ranged from 14 to 16 years old only.
4. In this study, only selected swimming training program was experimental group.
5. Duration of the study was restricted to three months there is in a week.
6. There are number of practices in swimming. The researcher, has delimited to the selected practices as mentioned in the methodology.

LIMITATION OF THE STUDY

1. Since the students are not the hostellers, it is not possible to control their day-to-day activities during the experiment.
2. Although the students were clinically healthy. the investigator could not control food habits and style of daily living which might have affected the results.
3. The present investigator could not conduct the experiment on large sample due to insufficient man power and limited time.

METHODOLOGY

DESIGN OF THE STUDY

The investigator has used experimental design that consists one experimental group.

SAMPLING

The investigator carried out in the Indus international school, Hyderabad twenty girls (N=20) age 14 to 16 years.

The Experiment

After the pre-test with 50mts freestyle performance test the experimental group underwent a selected swimming training program.

selected training program to the subjects of the experimental group has be imparted 60min in the morning three days in a week except Sunday and holiday pre total period of three months.

After the experimental period the subjects of experimental group. Post tested with the 50mts freestyle performance Test.

VARIABLE

A. DEPENDENT VARIABLE

50mts freestyle performance

B. INDEPENDENT VARIABLES

A set of selected swimming training program.

TRAINING PROGRAMMED

Swimming Practices

Considering the important of experimental group U- 14 TO U-16years to improve their strokes follows:

WARMING UP (10min)

S.No	Workout Name	Timings
01	INSIDE THE WATER (15min)	1.freestyle 20 rounds(500mts)
02	STROKE DRILLS (10min)	1.Kicking With kickboard 2.pulling with arm pads and pull boy
03	STROKE'S SPRINT'S(25min)	1. 15 X 50 2. 10 X 25

COOLDOWN (5min)

Training Schedule

1. Three months Training program
2. Term wise schedule (term-1, term-2 and term-3)
3. Three class in a week (1 hour)

Three months Training program (12 week's)

TOOLS – TEST

Test research tool's 50mts freestyle performance test.

STATICAL PROCEDURE

The data collected ware analysis primary by the descriptive statistics farther looking to wards the nature of research design mean, SD, mean deferent and “T” value were applied for data analysis is used.

**Table No.01
50mMtr Free Style (Swimmer) Performance Pre & Post Test of School Level Girls**

Test	No Of Student	Mean	Standard deviation	Mean Difference	'T' Value
Pre Test	20	1.45	0.420	0.95	10.05*
Post Test	20	0.49	0.068		

*p<0.05

DISCUSSION

Selected swimming exercise training program showed significant improvement in 50mts freestyle performance of school level girls.

CONCLUSIONS

Based on the result and discussion this study draws following conclusion selected swimming exercise training program to improve 50mts freestyle performance of school level girls.

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