Academic Sports Scholar
ISSN : 2277-3665
Impact Factor : 2.1052(UIF)
Vol. 4 | Issue. 2 | Feb 2015
Available online at www.lsrj.in

EFFECT OF CIRCUIT TRAINING ON SKILL ABILITY OF BADMINTON PLAYERS

Sheetal [1] & Varender Singh Patial [2]

[1]Lecturer in Physical Education, Govt. Degree College Thana-Mandi, J&K.
[2]Assistant Professor, Department of Physical Education, Lovely Professional University, Phagwara

Abstract:- *The purpose of this study was to determine the precise effect of circuit training on skill ability of badminton players. Twenty male college level badminton players were selected randomly and divided into two groups and the skill ability of both groups was tested by employing French Short Service Test. An eight weeks circuit training program was imparted to experimental group and data of pre-test and post-test were collected. Circuit training was not given to control group. The findings pertaining to the study resolved with significant improvement of skill ability of the players who have followed an eight week circuit training schedule along with their normal training schedule. The overall statement has been proved statistically by comparing data collected from both the groups by using paired t-test.*

Keywords : Rcircuit Training, Skill ability, Badminton players.

INTRODUCTION

In the last few decades sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue further. Looking at the history of the modern Olympic Games, one sees that the number of sports for which competitions are held at Olympic Games has increased steadily. Sports have become an important social and cultural activity of the modern world which is being given the rightful place it deserves by the nations and societies of the world. Sports training are a systematic process extending over a long period. For best results the system of training has to be based and conducted on scientific facts and lines for gathering optimum results. In the field of sports, training plays an important role, as it is proved in various sports competition held at the national and inter-national level.

Circuit training is a group of activities and refers to a number of selected stations positioned around the facility that are to be visited in rapid succession. The range of stations includes those comprising resistance equipment as well as allocated space to do squat thrust, push-ups, sit-ups, gymnastic exercises. Each person should complete the activity on one station before they proceed to the next station. They then continue until they have passed though all stations once or twice as required, or until a certain time requirement has been met the duration of circuit training are twenty to thirty seconds work on teach exercise with a thirty second recovery between each exercise. Three to five sets with a three minute recovery between each set in each station are executed to develop different components of motor abilities. Before starting a training circuit, a number of pre-training considerations need to be determined before prescribing exercises for athletes. Eight weeks and more than eight weeks of circuit training can effects the body mass index also because player body mass effects their body movement and skills (Mishra 2006).

A well designed circuit training routine can be a beneficial addition to any endurance athlete's training programmed. At one point, many endurance athletes avoided strength conditioning for fear it would be detrimental. However, studies have been shown that this is not the case and even heavy resistance training can aid endurance performance. Strength endurance is required by athletes such as boxers, distance runners, swimmers, cyclists, rowers etc. sports such as badminton, soccer and field hockey also require good muscular endurance, foot

movement but the intermittent nature of these sports requires 'short-term' strength endurance and it is developed in a different way.

Procedure

Twenty male badminton players were selected Jalandhar district of Punjab State. The average age of the players was ranged from eighteen to twenty five years. As per the requirement of the experimental study the players were divided into two groups namely control group and experimental group. Each group was consisting of ten subjects.

The selection of the subjects for the purpose of study was done on the basis of random sampling technique and further into two groups, on the basis of purposive sampling technique.

Tools: French short serve test (French et. al. 1946).

Circuit Training programmed Design:

In this experimental study, eight weeks training schedule was prepared for experimental group and three training days was selected in a week. Control group of badminton player did not participated in any kind of exercises of circuit training.

The circuit training exercises were consists of ten platforms as, Triceps dips, Triceps dips with leg raise, Dand, Clap and push-ups, Shoulder circles, Reverse press ups, Back extension, Sit-ups, Ski jump and Pull up.

The statistical analysis of the data generated from the study was done on the following lines.

- After completion the prescribed scoring of the both tests, the raw scores were tabulated with mean and standard deviation.
- Significance of the differences between both (control and experimental) the groups were examined by applying 't' test.

Result and Discussion

The data collected by adopting above procedure were statistically analysed. The results were presented in the following figures and table.

Figure-1

Figure-2

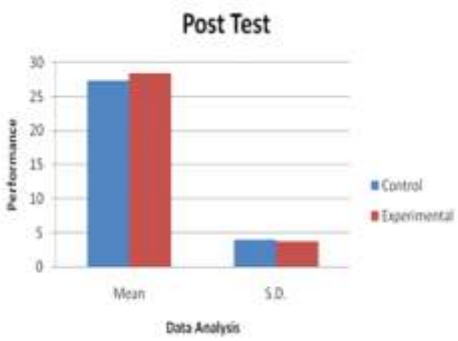

Table-1

Groups	Mean Pre-test	Mean Post-test	SD Pre-test	SD Post-test	SEDM	df	t-value
Control group	27.2	27.3	4.05	3.92	0.10	9	0.26
Experimental group	27.3	28.4	3.92	3.75	1.10	9	4.71*

***Significant at 0.05 level** **"t" .05 (9) = 2.26**

The table-1 showed the significant difference between the pre-test and the post-test of control group and experimental group of college level badminton players in terms of their means, standard deviations and 't' test values. The pre-test and post-test mean of control group were 27.2 and 27.3 with the difference of 0.10 respectively, whereas in respect of the experimental group the pre-test and the post-test were 27.3 and 28.4 showing the difference between 1.10 respectively. The standard deviation of control group in pre-test was 4.05 and in post-test were 3.92. The standard deviation of experimental in pre-test was 3.92 and in post-test it was 3.75 respectively.

CONCLUSION

The findings pertaining to the study resolved significant improvement in skill ability of badminton players following the eight weeks circuit training programmed for the badminton players. The circuit training programme was effective in improving skill ability of the badminton players. The skill ability of the subjects is measured by applying the French short serve skill test of badminton. After the collection of pre-test and post-test scores of each subjects in both groups (control group and experimental group), their scores were recorded. These scores were analyzed by applying the 't' test which showed a significant improvement in skill ability of badminton players.

REFERENCES

1.Baudry, Stéphane, Roux, & Patrick (2009). *Specific Circuit Training: Effects Of Rest Duration, Source:* Research Quarterly for Exercise And Sports, 80(7), 146-157.
2.Camargo & Stien (2007). *Effects of Circuit Training on Muscle Strength, and Endurance,* Anaerobic power of middle aged men medicine and science in sports and science, 27, 167-178.
3.Singh Ajeet Pal (1998). *Effect of Circuit Training Programmed on the Badminton Player's in the Court Covering.* Achieves of physical medicine and rehabilitation, 81, 409-417.
4.Yadav, S.K. (2006). *Assessment of Specific Psychological Skills of Indian Badminton Players.* Ph. D., Physical Education, Devi Ahilya University, Indore, 70, 289-295.
5.Books
6.Dick Frak, W. (2006). *Sports Training Principles,* Physical Education and Sports Collaboration, Delhi, pp. 212-222.
7.French, Ester & Evelyn Stalter (1949). Study of *Skill Tests in Badminton for College Men and Women,* Research Quarterly, 20, 257-272.
8.Hardyal Singh (1997). *Science of Training* D.V.S Publication New Delhi, pp 238-252.
9.Jain, D. (2007). Manual of Playing Field, Khel Sahitya Kendra Publication New Delhi, pp 20-34.
10.Lal, D. C. (2006). *Sports and Exercise,* Sports Publication New Delhi, pp 27-64.
11.Mishra, S. C. (2006). *Sports Training,* Sports Publication New Delhi, pp 99-103.
12.Shekhar Chandra, K. (2004). *Sports Training,* Vivek Thani, Khel Sahitya Kendra New Delhi, pp 22-88.
13.Shankar, T. (2008). *Method of Teaching Physical Education,* Crescent Publishing Corporation, pp 217-238.
14.Journals
15.Nancy and Dale Bells (1992). Physiological and Physical benefits of Circuit Training in Low Enforcement Persons, *journals of consulting and clinical psychology*, 01, 520-527.
16.Taskin, H. (2009). Effect of Circuit Training on the Sprint- Agility and Anaerobic Endurance, *journals of consulting and clinical psychology*, 6, 1803-1810.

Sheetal
Lecturer in Physical Education, Govt. Degree College Thana-Mandi, J&K.
[2]