



July issue 2014

RESEARCH PAPER

Times International Journal of Research

A creative Journal for Research

ISSN No.:-2349-4867

EFFECT OF CONTINUOUS RUNNING FARTLEK AND INTERVAL TRAINING ON ENDURANCE AND COORDINATION AMONG MEN VOLLEYBALL PLAYERS

Author

Amit Kumar Bharti, Asst. Physical Education Teacher, S. B. Inter college, Kannuj, U.P.

Anurag Sachan, Research Scholar, JECRC University, Jaipur, Rajasthan

ABSTRACT

The aim of this study was to find out the effect of Continuous running Fartlek training and Interval training on Endurance and Coordination among male volleyball players. To achieve the purpose of the study 50 intercollegiate male volleyball players was selected as subject at random from in an around the Kanpur district of Uttar Pradesh and their age ranged of the subject is between 18 to 26years. The subject was divided into four groups namely experimental group A, experimental group B, experimental group C and Control group D. Experimental group A underwent to Continuous running training, experimental group B underwent to Fartlek training, experimental group C underwent to Interval training and group D act as a control group they did not participate in any of the training programs other than their regular activities. The data were collected from four groups' pre and post of the experimental period. The raw data on endurance and coordination was statistically analyzed by using Analysis of Covariance (ANCOVA). Scheffe's post hoc test was applied to determine the significant differences between the paired adjusted means. In all the cases 0.05 level of significance was fixed. The result of the study showed that there was as significant improvement was found in endurance and Coordination among the experimental group when compared with the control group.



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KEYWORDS: Fartlek training, Interval training, volleyball player.

INTRODUCTION

An aerobic Physical work out is done with oxygen. Use of oxygen in the body metabolic or energy generating process to perform the work of muscles is refereed as aerobics. Many types of exercise performed at moderate levels of intensity for extended periods of time are known as aerobic activity. Warming up exercises involving large muscle groups followed by at least 20 minutes and cooling down exercise at moderate to intensity are also known as aerobic activity. Endurance is the capacity of the individual performs successive movement of the same pattern at the cotinuous rate. Coordination is performed pre-requisite and is primarily determined by mechanism involved in the control and regulation of movement. It is dependent on the coordinate process of the nervous system and functional capacity of sense organs. Coordination is the ability of the performer to integrate the types of body movement into specific patterns. Fartlek training is said to be the fore runner of the interval training system. It involves alternating fast and slow running over natural terrain. Interval training is a programme of repeated running with a set of resting full jogging after each repetition¹³. Continuous training is when an athlete's exercise in a steady aerobic way without any pauses or breaks in between.

IMPLEMENTATION PROPOSAL

The purpose of the study was to find out the effect of Continuous running, Fartlek and Interval training on endurance and coordination of male volleyball players. It was hypothesized that the effect of continuous running Fartlek training and Interval training on endurance and coordination would be significantly improved when compared with the control group.



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EXPERIMENTAL DESIGN & METHODOLOGY

To achieve the purpose of the presented study, fifty Intercollegiate volleyball men players were selected at random from in an around the Kanpur district of Uttar Pradesh as their age ranged between 18 to 23 years. The selected subject was divided into four groups, namely experimental group A, experimental group B, experimental group C and Control group D. Experimental group A underwent to Continuous running, experimental group B underwent to Fartlek training, experimental group C underwent to Interval training and group D act as a control group they did not participate in any of the training programs other than their regular activities.

Training was given for twelve weeks and alternative days in a week. The data were collected from four groups' pre and post of the experimental period and raw data was statistically analyzed by using Analysis of Covariance (ANCOVA). Scheffe's post hoc test was applied to determine the significant differences between the paired adjusted means. In all the cases 0.05 level of significance was fixed.

DATA ANALYSIS & RESULTS

The adjusted post-test mean values of speed for Continuous running group (CRG), Fartlek training group (FTG), Interval training group (ITG) and control groups (CG) were 8.23, 8.25, 8.20 and 8.40 respectively. The obtained 'F' value of 228.66 for adjusted post test scores on speed, which was higher than the table value of 2.77 for significance with df 3 and 55 at 0.05 level of confidence..



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Table -I

Analysis of Covariance of data on endurance between pre and post test of Continuous running group, Fartlek training group, Interval training group and control group.

	CRG	FTG	ITG	CG	SOURCE OF VARIANCE	SUM OF SUARE	DF	MEAN SQUARE	F-RATIO
Pre test mean SD	8.25	8.28	8.27	8.33	B	0.079	3	0.028	2.25
	0.12	0.11	0.35	0.14	W	0.678	55	0.011	
Post test mean SD	8.22	8.25	8.22	8.60	B	0.90	3	0.30	28.56*
	0.09	0.14	0.10	0.08	W	0.54	56	0.09	
Adjusted post-test mean	8.23	8.25	8.20	8.40	B	0.47	3	0.15	228.66*
					W	0.39	55	0.002	

*Significant at 0.05 level of confidence



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(The table value required for significant at 0.05 level with df 3 and 55 & 3 and 56 are 2.77 and 2.77 respectively)

The result of the study showed that there was significant difference among Continuous running group (CRG), Fartlek training group (FTG), Interval training group (ITG) and control group (CG) on speed. Since the four groups were involved the Scheffe's post hoc test was applied to find out the paired mean differences if any, and it is presented in table II.

Table-II

Scheffe's post hoc test for the differences between paired adjusted post test means of Speed

CRG	FTG	ITG	CG	MD	CI
8.23	8.25	-	-	0.18	0.19
8.23	-	8.20	-	0.27	
8.23	-	-	8.40	0.95	
-	8.25	8.20	-	0.12	
-	8.25	-	8.40	1.20	
-	-	8.20	8.40	1.22	

*Significant at 0.05 level of confidence



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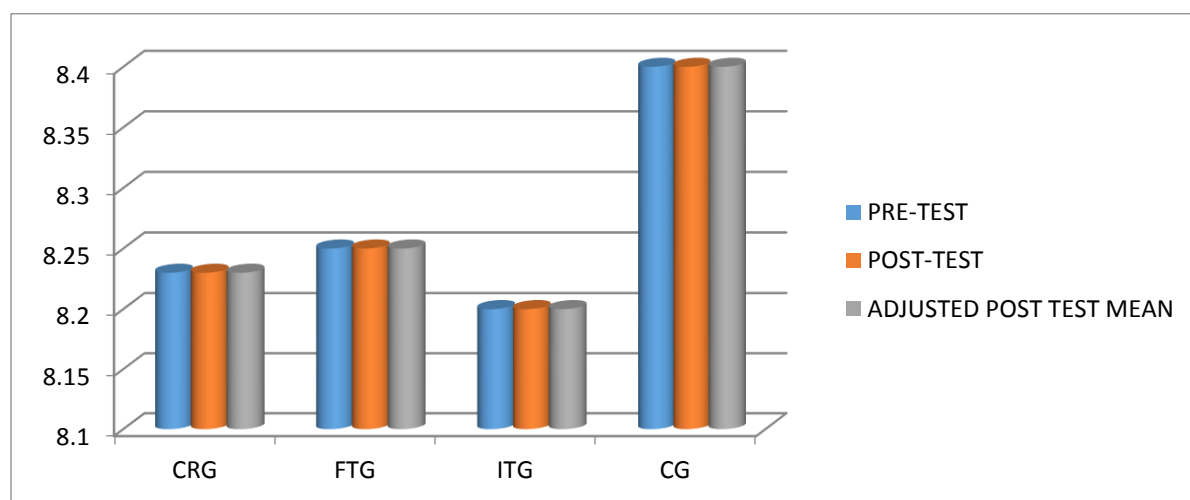
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The table II Shows that the adjusted post test mean differences of Continuous running group (CRG) and Interval running group (IRG), Continuous running group (CRG) and control group (CG), Fartlek training group (FTG) and Interval training group (ITG), Fartlek training group (FTG) and Control group (CG) and Interval training group (ITG) and Control group (CG) were 0.06, 0.18, 0.05, 0.19 and 0.24 respectively. They were greater than the confidence interval value 0.03 at 0.05 level, which indicate that there is a significant differences among the group of Continuous running group (CRG) and Interval training group (ITG), Continuous running group (CRG) and control group (CG), Fartlek training group (FTG) and Interval training group (ITG), Fartlek training group (FTG) and Control group (CG) and Interval training group (ITG) and Control group (CG). The Comparison of pre, post and adjusted post mean values of endurance for Continuous running group (CRG), Fartlek training group (FTG), Interval training group (ITG) and control group (CG) on speed are graphically presented in figure 1.





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Figure 1: Bar diagram showing the pre, post and adjusted post test mean values of Continuous running group (CRG), Fartlek training group (FTG), Interval training group (ITG) and control group (CG) on endurance

Table-III

Analysis of Covariance of data on Coordination between pre and post test of Continuous running group, Fartlek training group, Interval training group and control group

	CRG	FTG	ITG	CG	SOURCE OF VARIANCE	SUM OF SUARE	DF	MEAN SQUARE	F-RATIO
Pre test mean SD	14.56	15.30	15.46	15.48	B	0.32	3	0.110	0.396
	0.33	0.58	0.63	0.46	W	15.62	55	0.270	
Post test mean SD	14.11	14.52	14.49	15.53	B	11.64	3	3.86	19.69*
	0.32	0.42	0.49	0.42	W	11.02	56	0.195	
Adjusted post-test mean	14.30	14.72	14.52	15.54	B	14.38	3	4.70	137.90*
					W	1.88	55	0.032	

*Significant at 0.05 level of confidence



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(The table value required for significant at 0.05 level with df 3 and 55 & 3 and 56 are 2.77 and 2.77 respectively)

From the table III observed that the adjusted post-test mean values on coordination for Continuous running group (CRG), Fartlek training group (FTG), Interval training group (ITG) and control groups (CG) were 14.30, 14.72, 14.52 and 15.54 respectively. The obtained 'F' value of 137.90 for adjusted post test scores on coordination, which was higher than the table value of 2.77 for significance with df 3 and 55 at 0.05 level of confidence.

The result of the study showed that there was significant difference among Continuous running group (CRG), Fartlek training group (FTG), Interval training group (ITG) and control group (CG) on coordination. Since the four groups were involved the Scheffe's post hoc test was applied to find out the paired mean differences if any, and it is presented in Table IV.

Table-IV

Scheffe's post hoc test for the differences between paired adjusted post test means of coordination

CRG	FTG	ITG	CG	MD	CI
14.68	14.51	-	-	0.18	0.20
14.68	-	14.44	-	0.27	
14.68	-	-	15.74	0.95	



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-	14.51	14.44	-	0.14
-	14.51	-	15.74	1.26
-	-	14.44	15.74	1.22

*Significant at 0.05 level of confidence

The table IV Shows that the adjusted post test mean differences of Continuous training group (CRG) and Fartlek training group (FTG), Continuous running group (CRG) and Interval training group (ITG), Continuous running group (CRG) and Control group (CG), Fartlek training group (FTG) and Control group (CG) and Interval training group (ITG) and Control group (CG) were 0.18, 0.27, 0.95, 1.26 and 1.22 respectively. They were greater than the confidence interval value 0.20 at 0.05 level, which indicate that there is a significant differences among the group of Continuous running group (CRG) and Fartlek training group (FTG), Continuous running group (CRG) and Interval training group (ITG), Continuous running group (CRG) and Control group (CG), fartlek training group (FTG) and Control group (CG) and Interval training group (ITG) and control group (CG). The Comparison of pre, post and adjusted post mean values of Coordination for Continuous running group (CRG), Fartlek training group (FTG), interval training group (ITG) and control group (CG) on Coordination are graphically presented in figure 2.



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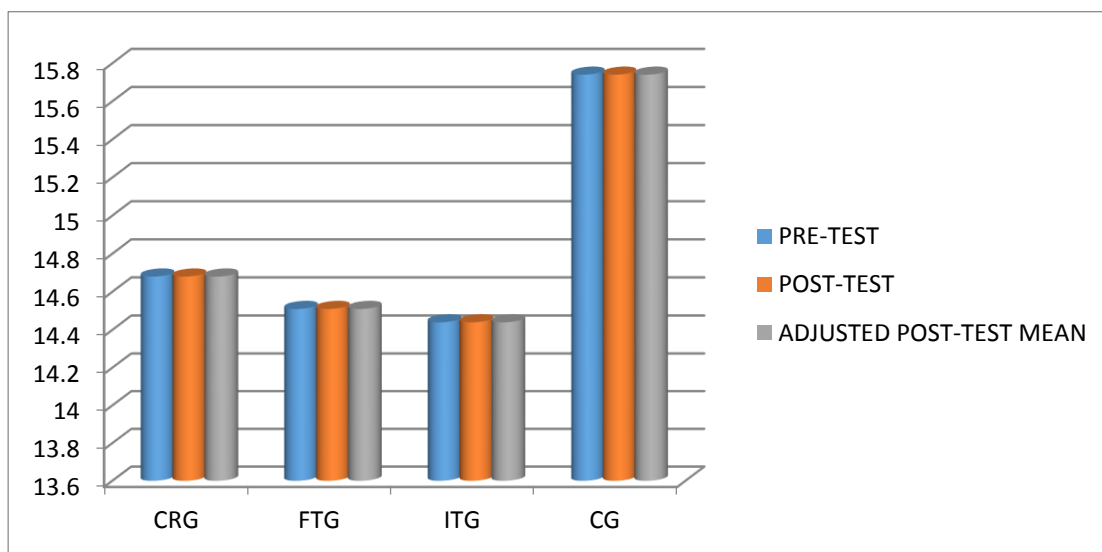


Figure 2: Bar diagram showing the pre, post and adjusted post test mean values of Continuous running group (CRG), Fartlek training group (FRG), Interval training group (IRG) and control group (CG) on Coordination.



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CONCLUSION

Endurance was significantly improved by the Continuous running group, Fartlek training group and Interval training group when compared with control group. Endurance was significantly improved in Interval training group when compared with Continuous running group and Fartlek training group. There is no significant improvement in endurance between Continuous running group and Fartlek training group. Coordination was significantly improved by the Continuous running group, Fartlek running group and Interval training group when compared with control group. Coordination was significantly improved by Interval running group when compared the Continuous running group and fartlek training group. Coordination was significantly improved by fartlek training group when compared with continuous running group.

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ISSN No.: -2349-4867

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