



A COMPARATIVE STUDY OF CIRCUIT TRAINING ON SELECTED PHYSIOLOGICAL VARIABLES AMONG KABADDI & KHO-KHO SCHOOL MALE PLAYERS

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ABSTRACT

The Aim Of The Present Study Is To Study The Determine Physiological Variables Of School Kabaddi & Kho-Kho Male Players Of Jaipur District. Total 50 School Male Players Kabaddi & Kho Kho Players Between The Age Group Of 14 Years To 18 Years Of Jaipur District Were Taken For The Study. Physiological Variables Were Used To Compare Blood Pressure, Pulse Rate And Vital Capacity Among Kabaddi And Kho – Kho Male Players. .Random Sampling Technique From Kabaddi And Kho Kho Male Players Of Jaipur District. Selection Of Subjects, Selection Of Variables, Criterion Measures, Collection Of Data, Experimental Design, Administrations Of Tests And Statistical Technique For The Analysis Of Data Have Been Described.

KEY WORDS : Physiological, Blood Pressure, Pulse Rate, Vital Capacity, Kabaddi , Kho-Kho

INTRODUCTION

Fitness Denotes A Person Status Of Physique In Relation To Its Physical Achievements. The Latest Scientific Evidence Also Edict The Fact That For Internal Or Physiological Soundness Physical Fitness Is Necessary. Modern Physical Educators Divided The Factor Of Fitness Into Skill Related And Health Related Physical Fitness. It Is Also An Undesirable Fact, That The Health Related Physical Fitness, Which Is Main Concern For Physical Educationists, Is Depended On The Skill Related Physical Fitness Of An Individual. It Is Also A High Concern For A Coach To Develop Various Skills And For This The Sportsperson's Skill Related Physical Fitness Should Be



Upgraded And Developed. Physical Fitness Refers To The Capacity Of An Athlete To Meet The Varied Physical Demands Of Their Sport Without Reducing The Athlete To A Fatigued State.

The Components of Physical Fitness are: Strength, Endurance, Speed, Flexibility and Coordination. Fitness Is The Term, Which Is Widely Used In The Present Day Health Conscious Society. The People Have Realized The Importance Of Fitness In Day To Day Routines And Also In Achieving Sports Excellence. Sports Form An Important Aspect Of Life. They Play A Vital Role In Bringing About Physical, Mental And Social Growth Of Individual Best Few Decades Has Witnessed Many On Innovations In This Area. Sports Are Becoming Increasingly Sophisticated Technically and Gaining Popularity as Separate Profession With Expansion Of Educational Facilities In The Country. More Young People Are Taking Part In Sports As A Daily Feature Of Their Life. The Participation In Sports And Physical Fitness Increases An Individual's Productivity; It Also Promotes Social Harmony And Discipline.

Various Latest Techniques And Tactics Based On Scientific Principles Are Introduced For Coaching Of Various Sports And Games. Many Diverse Conditions Can Be Improved By The Judicious Control Of All Exercise And Activity Program. The Perfect Knowledge Of Physiological Aspects Of Exercise Is Essential To Prescribe The Individualized Type Of Exercise Program To Meet The Particular Need Of Each Person. It Is Unwise To Build A Pyramid At The Top Without Having Built A Base First. Similarly Specialization In A Branch Of Knowledge Cannot Be Possible If The General Concepts In The Discipline Are Not Clearly Understood. This Is Very Much Applicably In Case Of Physical Education Programme, Where Skills And Techniques Of Any Sport Or Game Should Be Basically And Mastered In The First Instant the Degree To Which The Cardio-Vascular Fitness Contributes To A Particular Games Or Sports Depends Upon The Type And Variety Of Movements Involved In Them. In Sports Training Much Emphasis Is Laid On Those Components Of Physical Fitness, Which Are Most Fundamental To Those Sports. For Example Training Of Long Distance Runner, Cardio-Vascular & Muscular Endurance Are Of Prime Importance, While For Sprinting, Development Of Strength, Speed Is



Given Greater Importance. Same Is True In Training Of Games Such As Football, Basketball, Volleyball, Swimming Etc.

The Complex Nature Of Physical Fitness Includes The Muscular Strength, Muscular Endurance, Cardio- Respiratory Endurance And The Most Important Of Them Is The Cardio-Respiratory Endurance. By Nature Human Being Are Competitive And Aspire From Excellence In Every Field. Sport Is Not An Exception. Changes Are The Order Of The Day. Changes Are Taking Place Every Day In Every Walk Of Life. Life Of People, Their Philosophy, Ways Of Living Etc. Are Undergoing Changes Due To Basic And Applied Research In Various Fields. Man Has Reached The Space Age From The Primitive Stone Age Because Of Continuous Change. New Techniques Are Developed In Laboratories And Scientific Methods Are Applied To Obtain Top-Level Performance. Sports By Their Very Nature Are Enjoyable, Challenging, Absorbing And Require A Certain Amount Of Skill And Physical Condition.

METHODOLOGY

The Subject Selected For The Study is Schools Male Players Between The Age Group Of 14 Years To 18 Years Only. For The Requirement Of The Study 50 Players Kabaddi And 50 Kho Kho Players Terion To From Jaipur District School Male Players Schools. Random And Experimental Method Was Used For Selection Of Samples Different Criterion Measures Were Use For Different Physiological Test (Blood Pressure, Pulse Rate And Vital Capacity, 'T' Test) Was Used As Statistical Technique And The Level Of Significance Was Set 0.05.

CRITERION MEASURES

The Physiology Variables Adopted Criterion Measures For This Study Are As Follows :--

Physiological Variables-

Vital Capacity Was Measured By Wet Spirometer And Recorded In Litters.

1. Blood Pressure Was Measured By Sphygmomanometer.



2. Pulse Rate Was Measured By Counting Number Of Heartbeats In One Minute And Recorded In Numbers. ..
3. Resting Heart Rate Was Measured By Counting Number Of Heartbeats In One Minute And Recorded In Numbers.
4. Hemoglobin Was Measured By HB Hemoglobin Testing Apparatus.

2 PHYSIOLOGICAL VARIABLES

A. Blood Pressure

1. Systolic Blood Pressure
2. Diastolic Blood Pressure

B. Pulse Rate

C. Vital Capacity

STATISTICAL ANALYSIS :--

Comparison Of The Mean Of Selected Physiological Variabels Of School Male Players.



Table-01 Comparison Of Mean Physiological Variables Kabaddi Male Players

Variable	Sample	N	MEAN	S.D.	T Value
Blood Pressure (Systolic)	Pre Test	50	115.94	1.05	11.28**
	Post Test	50	115.18	0.92	
Blood Pressure (Diastolic)	Pre Test	50	76.48	1.23	27.71**
	Post Test	50	75.54	1.22	
Resting Heart Rate	Pre Test	50	63.42	1.57	9.22**
	Post Test	50	60.52	2.40	
Vital Capacity	Pre Test	50	2034.00	157.93	21.15**
	Post Test	50	2191.00	151.08	

*Significant Level At 0.05level

**Significant Level At 0.01 Level

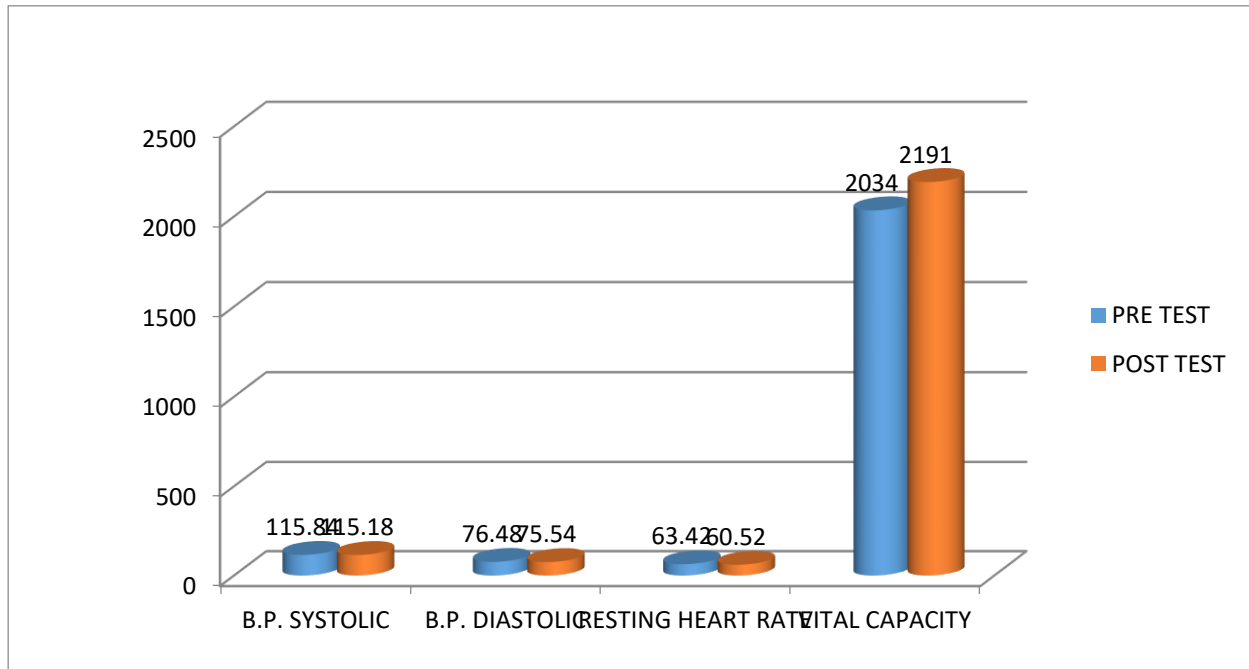


Fig. 01 Comparison Of Mean Physiological Variables Kabaddi Male Players.

Table-02 Comparison Of Mean Physiological Variables Kho Kho Male Players

Variable	Sample	N	MEAN	S.D.	T Value
Blood Pressure (Systolic)	Pre Test	50	116.04	1.29	8.99**
	Post Test	50	115.38	0.99	
Blood Pressure (Diastolic)	Pre Test	50	75.08	1.35	4.31**
	Post Test	50	76.08	1.35	



Resting Heart Rate	Pre Test	50	62.94	1.32	17.29**
	Post Test	50	60.70	1.49	
Vital Capacity	Pre Test	50	2042.00	155.30	21.99**
	Post Test	50	2198.00	131.69	

*Significant Level At 0.05level

**Significant Level At 0.01 Level

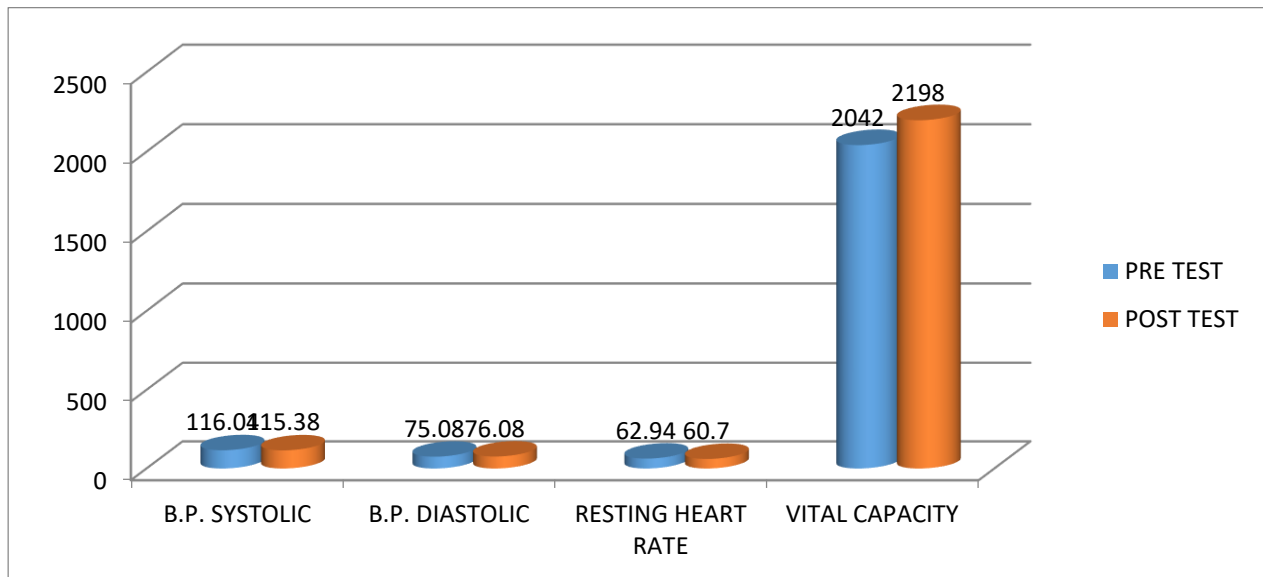


Fig. 02 Comparison Of Mean Physiological Variables Kho-Kho Male Players.

The Above Table It Reveals That There Will Be No Significant Impact Of Training Programme Physiological Variables Among Kabaddi And Kho Kho School Male Players.



DISCUSSION OF FINDINGS

The Purpose Of The Investigation Was To See That There Was Significant Blood Pressure , Pulse Rate And Vital Capacity Of Movement Among School Male Players . The Research Shows That Physiological Variables I.E. Systolic And Diastolic Blood Pressure, Resting Heart Rate And Vital Capacity Among The Players Were Also Improved. Resting Heart Rate Was Found Decreased Among Kabaddi And Kho-Kho Male Players

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