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Effect of weight training exercises on the improvement of arm and leg muscles of kabaddi players

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Abstract

The purpose of the study was to realize the effect of selected weight training exercises on the growth of arm and leg strength of kabaddi players. The study was conducted with 20 wrestlers selected from the "Excellent residential school Palwal. The group of subjects was divided into two subject groups as experimental and control. The weight training schedule were administrated on experimental group with, different weight training exercises like (standing barbell curls, standing dumbbell curls, dumbbell hammer curls, incline dumbbell curls, preacher curls, dumbbell concentration curls, lying barbell extension, close grip bench press, triceps dumbbell extensions, triceps bench dips, squat, dumbbell lunges, standing leg curls, dumbbell dead lift, and leg press). The weight training programme were carried out for a period of 8 weeks for 1 hour every evening, excluding Tuesday, Thursday, Saturday, and Sunday.

The Control groups were not given any treatment and were engaged in their own daily activity as per their routine. The leg strength of the subjects was measured by standing broad jump (SBJ) and the arm strength for pull- ups tests method. For the administration and scoring of these tests items procedure mention in AAPHER, youth fitness test (1958) was taken as the model. It was realized from the results of the study that there was significant effect of the weight training exercise on the leg strength as well as arm strength of the selected Kabaddi Players.

Keywords: Kabaddi, arm strength, leg strength

Introduction

Training is mainly an art and like the artist a successful training programme must have two attributes. The first one is creative training, which indicates success in any sports hinges on its ability to response time to flexibility, strength, speed and rehabilitee as per the players demands and for better opportunities. The second attribute is technical mastery of the skills used (Shaker, 2007). Therefore, systematic and appropriate training programme is a great asset for Kabaddi Players.

Weight training is a common type of strength training for developing the strength and size of skeletal muscles. It utilizes the gravity in the form of weighted bars, dumbbells or weight stacks in order to oppose the force generated by muscle through concentric or eccentric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement. Sports where strength training is central are bodybuilding, weightlifting, power lifting, and strongman, highland games, hammer throw, shot-put, discus throw, and javelin throw. Many other sports use strength training as part of their training regimen, notably; American football, baseball, basketball, football, hockey, lacrosse, mixed martial arts, rowing, rugby league, rugby union, track and field, boxing and wrestling. Push-Ups are one of the simplest yet most effective exercise for building your arm strength is do regularly do push-ups. To perform push-ups, place your hands shoulder width apart with palms on the ground. Plant your legs with the balls between your feet touching the ground. Having a strong arm is critically essential for a good baseball player. The strength of your arm plays a central role in all baseball positions, including batting, pitching and fielding. You can hit home runs, pitch blazing fast baseballs and field with accurate and quick throws to the home plate, all by virtue of a strong arm. And it is incredibly simple to gain solid strength for your arm, although it requires diligence, hard work and persistence. In the weight training resistance

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equipment is used to stimulate muscle growth, increase tone and strength.

The term weight training is also used interchangeably as resistance training. It could be treated as strength training for developing the arm strength of wrestlers, but weight training should not be confused with weight lifting, which is the lifting of heavy weight with the goal of lifting more pounds than the opponent can (Shaw & Shaw, 2014). The confusion between weight lifting and weight training is probably the reason for the negative feeling about the use of weights in a boys training programme, since weight lifting is usually associated with powerful, muscled men, and has a masculine connotation. Silverter (2000) comparing the effect of various resistance and free hand weight training exercise on leg strength, of 79 male students. He calculated that all the training systems because strength gains in all strength measures. Response to five different weight training frequencies per week or 75 male volunteers high school subjects were randomly assigned to train either for one day, two days, or four days per week. All groups were trained on an identical bench press for nine weeks. The results revealed a highly significant improvement in muscular strength in the group that trained five days per week, and sequential strength improvement resulted from increased frequencies of training that means the more frequent the stress, great adaptation will be happen. However, one can use weight training to improve an individual's general fitness and to raise level of performance in particular sports while at the same time adding to his femininity by improving his fatigue and muscle tone, since his muscles are strengthened by carefully selected weight training exercise (Shakar, 2007). It is well know that the services in the field of physical education have improved adequately in the past, but the only factor which perhaps does not seem to have been given adequate attention in the sports training. It is also established beyond doubt that the serious study in this area was never taken in order to spot out the gaps and subsequently bridge them. The scholar in the form of present study is making modest effort in this direction. Thus, the purpose of the study was to find the effect of selected weight training exercise on the development of arm and leg

strength of Kabaddi players.

Methods and Materials Subjects

A total of 20 wrestlers who were the students of excellent residential school Palwal, were taken as the subjects of the study. According to the demand of the study total subjects were divided into two different groups A and B. A was experimental group comprising 10 wrestlers and were engaged in prescribed weight training schedule, whereas group B was control group comprising 10 Kabaddi Players, were engaged in their own daily activity programme

Tools and Facility

The leg strength of the subjects was measured by standing broad jump (SBJ), and to for the arm strength pull-ups tests were used. For the administration and scoring of these tests, procedure mentioned in AAPHER youth fitness test (1972) was taken as the model.

Weight Training Schedule

The pre design weight training program me was carried out for a period of 8 week for one hour every evening. In this the time required for conducting pre-test and post-test is excluded. The subjects underwent the weight training program me for thrice in the week that is, on Monday, Wednesday and Friday. Control group was treated with no treatment and was not subjected to any experimental training. The control group was allowed to engage themselves in their daily routine physical activities.

Statistical Technique

To find out the effects of weight training exercise on legs and arms strength of Wrestlers student t-test was used between the pre-test and post-test data. The level of significance was set at 0.05 level. All statistical function was performance with the help of SPSS v.23 software.

Results

In the table given below results of the study is presented.

Table 1: Mean, SD and T Value between pre-test and post-test Score of the leg Strength for both Control and Experimental groups.

Sr. No	Group	N	Mean	SD	t-value
1	Experimental (Pre-teat)	20	1.55	0.20	
2	Experimental (Post-teat)	20	2.20	0.30	4.24
3	Control (Pre-test)	20	1.78	0.22	
4	Control (Pre-test)	20	1.83	0.19	0.13

*Significant Tab t0.05 (18) =2.10

Readings of Table 1 showed that there is significant difference existed between pre-test and post-test score of leg strength of experimental group. For control group it was observed from the table that no significant difference existed

between pre-test and post-test score of leg strength. It indicates that there is a significant effect of the weight training exercise on the leg strength of the Kabaddi Players.

Table 2: Mean, SD and T Value between pre-test and post-test Score of Arm Strength for both Control and Experimental groups.

Sr. No	Group	N	Mean	SD	t-value
1	Experimental (Pre-teat)	20	1.55	0.20	
2	Experimental (Post-teat)	20	2.20	0.30	4.24
3	Control (Pre-test)	20	1.78	0.22	
4	Control (Pre-test)	20	1.83	0.19	0.13

*Significant Tab t 0.05(18) =2.10

Readings of Table 2 showed that there is significant difference existed between pre-test and post-test score of arm strength of experimental group. For control group it was

documented from the table that no significant difference existed between pre-test and post-test score of arm strength. It indicates that there is a significant effect of the weight

training exercise on the arm strength of the Kabaddi Players.

Conclusions

On the basis of the findings of the study following conclusions were made:

- Significant difference was observed between experimental group and no significant between control groups on the variable arm and leg strength.
- It is found that prescribed weight training was effective on the arm and leg strength of the Kabaddi players. Treatment of weight training exercises increase in arm and leg strength.
- Finally, it is concluded that there is significant effect of the 8 week weight training exercise programme on leg strength as well as arm strength of the Kabaddi Players.

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