



ISSN: 2456-0057
IJPNE 2017; 2(2): 210-213
© 2017 IJPNE
www.journalofsports.com
Received: 28-05-2017
Accepted: 30-06-2017

Dr. J Karthikeyan
Department of Physical
Education, Health Education &
Sports The M.D.T. Hindu
College, Tirunelveli, Tamil Nadu,
India

Effect of weight training and game specific exercises on selected resting pulse rate, vital capacity variables of men football players

Dr. J Karthikeyan

Abstract

The purpose of the study was to find out the effect of weight training and game specific exercises on selected resting pulse rate, vital capacity variables of men football players. To achieve this purpose of the study forty-five men football players were selected studying Bachelor's degree in the Department of Physical Education and Sports Sciences, The M.D.T. Hindu College, Tirunelveli at randomly. They were divided into three equal groups of each fifteen players as weight training group (Group I), game specific exercises training group (Group II) and act as control group (Group III). Group I and II were underwent their respective training programme for three days per week for twelve weeks who did not underwent any special training programme apart from their regular physical education curriculum. The following physiological variables such resting pulse rate, vital capacity were selected as criterion variable. The resting pulse rate was assessed by taking vital capacity was assessed by using wet spirometer. All the subjects of three groups were tested on selected criterion variable at prior to and immediately after the training programme as pre and post test selected. Analysis of covariance (ANCOVA) was used to find out the significant difference if any, among the groups on each selected criterion variable separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate. There was a significant difference among weight training group, game specific exercises training group and control group on physiological variable among resting pulse rate, vital capacity.

Keywords: Weight training, game specific exercises, Physiological, university men football players.

Introduction

Sports science has made rapid progress in the last few decades. Theory and the methods of sports training was a subject of central importance among the various disciplines and it has developed rapidly. The growing of sophistication of soccer has placed proportionately greater demands upon the players and coaches. Modern coaching and training methods have focused of the development of basic components of the soccer and greater importance is given aerobic kind of development. Sports training are essentially a preparation of the individual so that they can withstand competition stress; soccer demands the specific type of endurance since the players have to keep going for whole match frequently sprinting both with and without the ball.

Among the many physiological variables, the researcher has selected variables such as Resting Pulse Rate and Breath Holding Time as they play an important role in sports performance.

In intensive care, physiological variables of the critically ill are measured and recorded in short time intervals. The proper extraction and interpretation of the essential information contained in this flood of data can hardly be done by experience alone. Typically, decision making in intensive care is based on only a few selected variables. Alternatively, for a dimension reduction, statistical latent variable techniques like principal component analysis or factor analysis can be applied. However, the interpretation of latent variables extracted by these methods may be difficult. A more refined analysis is needed to provide suitable bedside decision support.

Graphical models based on partial correlations provide information on the relationships among physiological variables that is helpful for variable selection and for identifying interpretable latent components.

Correspondence
Dr. J Karthikeyan
Department of Physical
Education, Health Education &
Sports The M.D.T. Hindu
College, Tirunelveli, Tamil Nadu,
India

In a comparative study we investigate how much of the variability of the observed multivariate physiological time series can be explained by variable selection, by standard principal component analysis and by extracting latent components from groups of variables identified in a graphical model.

High level of performance of football and volley ball players might be dependent upon their physiological make up. It was recognized that physiological proficiency was needed for high-level performance. Hence resting pulse rate and breath holding time were selected as physiological components for this investigation. For specific physiological systems of the body to be fit, they must function well enough to support the particular game the players are playing. Since different games make different demands upon the organism with respect to neurological, respiratory, circulatory and temperature functions, physiological fitness is specific to the activity; physiological systems are highly adaptive to exercise. The response of each system is distinctive, for example, hard work in the heat is necessary to improve the fitness of the temperature regulation mechanism. Each task has its major physiological components and fitness for the task requires effective functioning of appropriate systems, (Shaver, 1981).

Methodology

The purpose of the study was to find out the effect of weight training and game specific exercises on selected resting pulse rate, vital capacity variables of men football players. To achieve this purpose of the study forty-five men football players were selected studying Bachelor’s degree in the Department of Physical Education, Health Education & Sports, The M.D.T. Hindu College, Tirunelveli at randomly. They were divided into three equal groups of each fifteen players as weight training group (Group I), game specific exercises training group (Group II) and act as control group (Group III). Group I and II were underwent their respective training programme for three days per week for twelve weeks who did not underwent any special training programme apart from their regular physical education curriculum. The

following physiological variables such as resting pulse rate and vital capacity were selected as criterion variables. The resting pulse rate was assessed by taking radial pulse rate and vital capacity was assessed by using wet spirometer. All the subjects of three groups were tested on selected criterion variables at prior to and immediately after the training programme as pre and post test selected. Analysis of covariance (ANCOVA) was used to find out the significant difference if any, among the groups on each selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate.

Training programme

During the training period, group I underwent weight training programme, group II underwent game specific exercises programme, for three days per week for twelve weeks in addition to their regular physical education activity, every day workout lasted about 45-60 minutes including warm-up and warm down exercises. Group III acted as control who did not participate any specific training, however, they per-form regular physical education program me.

Statistical analysis

The data was collected from three groups at prior to and after completion of the training period on selected criterion variables, were statistically examined for significant difference if any, by applying analysis of covariance (ANCOVA). The Scheffe’s post hoc test was applied to know the significant difference between groups, if they obtained ‘F’ ratio was significant. In all cases .05 level of confidence was utilized to test the significance.

Resting pulse rate

The analysis of covariance of the data obtained for Resting pulse rate of pre-test and post-test of weight training group and game specific exercises training group and control group have been presented in Table I

Table 1: Analysis of covariance for the pre and post-test on resting pulse rate of weight training group game specific Exercises training group and control group

test	Weight Training Group	Game Specific Exercises Training Group	Control group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained ‘F’ Ratio
Pre Test								
Mean	71.26	71.33	71.46	Between	0.31	2	0.15	0.17
S.D.	0.88	0.89	1.06	Within	38.00	42	0.90	
Post Test								
Mean	67.66	65.06	71.06	Between	271.60	2	135.80	96.34*
S.D.	1.29	1.27	0.96	Within	59.20	42	1.41	
Adjusted Post Test								
Mean	67.67	65.06	71.05	Between	268.94	2	134.47	93.99*
				Within	58.69	41	1.43	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 42 and 2 and 41 are 3.22 and 3.23 respectively).

Table I shows that the pre-test means on weight training group, game specific exercises training group and control group are 71.26 ± 0.88, 71.33 ± 0.89 and 71.46 ± 1.06 respectively. The obtained 'F' ratio value 0.17 is less than the required table value 3.22 for 2 and 42 at 0.05 level of confidence on Resting pulse rate.

The post-test means on Resting pulse rate of weight training group, game specific exercises training group and control

group are 67.66 ± 1.29, 65.06 ± 1.27 and 71.06 ± 0.96 respectively. This obtained 'F' ratio value 96.34 is greater than the required table value 3.22 for 2 and 42 at 0.05 level of confidence on Resting pulse rate.

The adjusted post-test means on Resting pulse rate of weight group, game specific exercises training group and control group are 67.67, 65.06 and 71.05 respectively. This obtained 'F' ratio value 93.99 for adjusted post-test is greater than the required table value 3.23 for 1 and 42 at 0.05 level of confidence on Resting pulse rate.

The results of the study indicated that there was a significant

difference between the adjusted post-test means of weight training group, game specific exercises training group and control group on Resting pulse rate. Since, three groups were compared, whenever the obtained

'F' ratio for adjusted post test was found to be significant, the Scheffe's test to find out the paired mean differences and it was presented in Table I.

Table 2: The scheffe's test for the difference between Paired means on resting pulse rate

Weight Training Group	Game Specific Exercises Training Group	Control group	Mean Differences	Confidence Interval Value
67.67	65.06	-	2.61*	0.55
67.67	-	71.05	3.38*	0.55
-	65.06	71.05	5.99*	0.55

*Significant at 0.05 level of confidence.

The table II shows that the mean difference values between weight training group and game specific exercises training group, weight training group and control group, game specific exercises training group and control group are 2.61, 3.38 and 5.99 respectively on resting pulse rate which were greater than the required confidence interval value of 0.55 significance.

The results of this study showed that there was a significant difference between weight training group and game specific

exercises training group, weight training group and control group and game specific exercises training group and control group on resting pulse rate.

Vital capacity

The analysis of covariance of the data obtained for vital capacity of pre-test and post-test of weight training group and game specific exercises training group and control group have been presented in Table III.

Table 3: Analysis of covariance for the pre and post test on vital capacity of weight training group game specific Exercises training group and control group

test	Weight Training Group	Game Specific Exercises Training Group	Control group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test								
Mean	3.49	3.49	3.52	Between	0.005	2	0.003	1.63
S.D.	0.03	0.04	0.03	Within	0.066	42	0.002	
Post Test								
Mean	3.66	3.81	3.51	Between	0.64	2	0.32	148.10*
S.D.	0.04	0.05	0.04	Within	0.09	42	0.00	
Adjusted Post Test								
Mean	3.66	3.81	3.51	Between	0.63	2	0.31	147.49*
				Within	0.08	41	0.02	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 42 and 2 and 41 are 3.22 and 3.23 respectively).

Table III shows that the pre-test means on vital capacity of weight training group, game specific exercises training group and control group are 3.49 ± 0.03 , 3.49 ± 0.04 and 3.52 ± 0.03 respectively. The obtained 'F' ratio value 1.63. is less than the required table value 3.22 for 2 and 42 at 0.05 level of confidence on vital capacity.

The post-test means on vital capacity of weight training group, game specific exercises training group and control group are 3.66 ± 0.04 , 3.81 ± 0.05 and 3.51 ± 0.04 respectively. This obtained 'F' ratio value 148.10 is greater than the required table value 3.22 for 2 and 42 at 0.05 level of confidence on vital capacity.

The adjusted post-test means on vital capacity of weight training group, game specific exercises training group and control group are 3.66, 3.81 and 3.51 respectively. This obtained 'F' ratio value 147.49 for adjusted post-test is greater than the required table value 3.23 for 1 and 42 at 0.05 level of confidence on vital capacity.

The results of the study indicated that there was a significant difference between the adjusted post-test means of weight training group, game specific exercises training group and control group on vital capacity.

Since, three groups were compared, whenever the obtained 'F' ratio for adjusted post test was found to be significant, the Scheffe's test to find out the paired mean differences and it was presented in Table IV.

Table 4: The scheffe's test for the differences between Paired means on vital capacity

Weight Training Group	Game Specific Exercises Training Group	Control group	Mean Differences	Confidence Interval Value
3.66	3.81	-	0.15*	0.07
3.66	-	3.51	0.15*	0.07
-	3.81	3.51	0.30*	0.07

*Significant at 0.05 level of confidence.

The table IV shows that the mean difference values between weight training group and game specific exercises training group, weight training group and control group, game specific exercises training group and control group, 0.15, 0.15 and

0.30 respectively on vital capacity which were greater than the required confidence interval 0.07 significance.

The results of this study showed that there was a significant difference between weight training group and game specific

exercises training group, weight training group and control group, game specific exercises training group and control group on vital capacity.

Conclusion

The following conclusions were drawn from the results of the study.

- There was a significant difference among weight training group, game specific exercises training group and control group on resting pulse rate.
- There was a significant difference among weight training group, and game specific exercises training group and control group on vital capacity.
- There was a significant difference improvement on among weight training group, game specific exercises training group and control group, on resting pulse rate and vital capacity.

References

1. Bompa, Todor, O Periodation of Strength (Veritas Publishing Inc. Canada),1996.
2. Burgomaster, ka, heigenhauser, g j, gibala m j, Effect Of Short Term Sprint Interval Training On Human Skeletal Muscle Carbohydrate Metabolism During Exercise And Time Trial Performance. *Appl physical*, 2006; 100:6.
3. Dupont g, *et al*, The Effect Of In Season, High Intensity Interval Training In Soccer Players, *Journal Of Strength Conditioning Research*, 2004; 18:3.
4. edge, jetal; effect of high and moderate-intensity training on metabolism and repeated sprinters, *Medicine And Swenca In Sports And Exercise*, 2005; 37:11.
5. Kotgamanidis, c, *et al*, the effect of combined high intensity strength and speed training program on the running and jumping ability of soccer players, *J Strength Cond Res*, 2005.
6. Lawrence gray kumar v and pand, mamata manjari *Journal of Sports and Sport Sciences*, 2002; 25(3).
7. Pearce AJ, GW thickbroom, ML Byrnes. Functional reorganization of the corticomotor projection to the hand in skilled racquet players *Exp brain Res*, 2000; 130:238-243.
8. Mukandala Nakarmi, Gurdia Singn Bava. *Journal of sports and sports sciences Mc Bride, JMT Triplet*, 2003.