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Effect of circuit training programme on strength among cricket players

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Abstract

The purpose of this study was to find out the effects of six weeks Circuit training programme on strength among cricket players of Amity University, Noida, UP. A Circuit training programme consisting of 5 stations which were administered by researcher. For this study 15 Male Cricket players were selected randomly from Amity University, Noida, UP. The range was between Eighteen to twenty four years. To find out the Effect of Circuit training programme Pre-test and Post-test were taken of Experimental group and Control group. Only three test batteries standing broad jump, Chin ups, and Medicine ball throw were there. To analyse the data, mean method and 't' test was used. After analysis it was found that there is significant improvement in the Strength after undergoing the Strength training programme.

Keywords: Circuit training, standing broad jump, chin ups, medicine Ball

Introduction

The word training has been a part of human language since ancient times. It denotes the process of preparation of some task. This process invariably extends to a number of days and even months and years. The term training is widely used in sports. There is however some disagreement among sports coaches and also among sports scientist regarding the exact meaning of this word. Circuit training is a challenging and efficient form of conditioning. It works well for Strength, Endurance, Flexibility and Co-ordination. Circuit training is a great boredom buster. Circuit training is a combination of high intensity aerobics and resistance training designed to be easy to follow and target fat loss, muscle building and Heart loss. Circuit training programme is an evolving training exercise programme that was developed by R.E. Morgan and G.T. Anderson in 1953 at the University of Leeds in England. Early in the original format of Morgan and Anderson, the circuit was made up of 9 to 12 stations. However, today this number varies according to the design of the circuit. Circuit training is a great way to exercise without the need for equipment. An example of Circuit training rotation can include push-ups, sit-ups, or other form of abdominal training, jumping jack and squat thrusts. In case like this, a person does as many repetitions of an exercise as possible during a fixed time period, before moving to the next station. Between stations, there is 20-30 second recovery time allowed, but never more than that, as the Heart rate would go down too much. For the purpose of the study there were two group's i.e. Experimental group and Control group.

Materials and methods

The sample of the present study was drawn from Amity University, Noida, UP through random sampling. A total of 15 Male players between the age group of 18-24 years were selected who have participated at college level competition. To analyse the data, mean method and 't' test was used as statistical tools. Pre-test was taken of both the groups with the help of the following batteries:

S. No.	Batteries	Mode Of Collection
1.	Standing broad jump	Distance cover
2.	Chin up	No. of counts
3.	Medicine ball throw	Distance cover

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Result and discussion

The results of the mean, standard deviation and t value of

Standing Broad Jump						
groups	mean		standard deviation		t- value	
	pre	post	pre	post	calculated	tabulated
experimental group	1.78	1.86	0.194	0.190	27.25	2.145
control group	1.74	1.75	0.130	0.127	2.03	

Chin -Up						
groups	mean		standard deviation		t value	
	pre	post	pre	post	calculated	tabulated
experimental group	9.73	12.33	1.83	1.79	19.86	2.145
control group	8.20	8.33	1.37	1.49	0.52	

Medicine Ball Throw						
groups	mean		standard deviation		t -value	
	pre	post	pre	post	calculated	tabulated
experimental group	10.13	11.16	1.23	1.26	10.11	2.145
control group	10.34	10.40	1.003	0.93	0.66	

Conclusion

After analysing the collected data of pre-test and post-test of Experimental and control group to find out the effect of Circuit training programme it was found there was significant difference in Strength of cricket players. After analysing the means of the score it reveals that there was improvement due to Circuit training programme in Strength among Cricket players.

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