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## Effect of plyometrics training on agility of M.P.ED students

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### Abstract

**Objective:** The purpose of the present study was to compare the agility of M.P.ED students.

**Design:** Experimental study

**Methodology:** A total 20 players were selected as sample. All the students were belongs to department of physical education, MDU, Rohtak. The age of sample were ranged from 18 to 25. To assess the Agility 4\*10 meter shuttle run test was used. To compare the obtained results 't' test was used as a statistical tool and the level of significance was set at 0.05.

**Results:** We find out positive effect of Plyometrics training on agility of the M.P.ED students.

**Conclusion:** After analysis the obtained results it was observed that mean score of post test is lower than the pre test mean score. It means there was a statistically significant difference in agility of the M.P.ED students.

**Keywords:** Agility, M.P.ED, plyometrics

### Introduction

A man who is fit is equipped for living to its fullest degree. Physical and mental fitness assumes critical parts in your lives and individuals who are both, physically and rationally fit are less inclined to medicinal conditions also. Fitness does allude to being physically fit, as well as alludes to a man's psychological state too. On the off chance that a man is physically fit, however rationally unwell or beset, he or she won't have the capacity to work ideally. Mental fitness must be accomplished if your body is working admirably. You can help unwind your own psyche and wipe out worries by practicing frequently and eating right. Agility is likewise affected by body adjust, coordination, the position of the focal point of gravity, and in addition running pace and aptitude. Agility helps performance in activities that require you to change direction quickly whilst keeping balance, strength, speed and body control. Agility is not just about the speed with which an individual can change direction. But it's also defined by the grace and fluidity of movement.

### Objective of the study

The main objective of the study is to know the effect of Plyometrics training on agility of the students.

### Hypothesis of the study

There will be significant effect of Plyometrics training on agility of the students.

### Methodology and procedure

#### Selection of the Sample

For accomplish the study a total 20 players were selected as subject from department of physical education, MDU, Rohtak (M.P.ED Students). Selection of the sample from population random sample technique was used. The age of the sample were ranged from 18 to 25 years.

### Variable of the study

To assess the Agility 4\*10 meter shuttle run test was used.

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**Administration of the Test**  
**Shuttle Run (4x10 Meter)**

**Purpose:** To measure the Agility of the subject.

**Equipment:** Two marker cone or marking tape, measurement tape, stopwatch, flat non-slip surface, with two lines 10 meters apart.

**Procedure:** Mark two lines 10 meters apart using marking tape or cones. The two Markers were placed on the line opposite the line they were going to start at. On the signal "ready", the participant places their front foot behind the starting line. On the signal, "go!" the participant sprints to the opposite line, picks up a Marker, runs back and places it on or

beyond the starting line. Then turning without a rest, they run back to retrieve the second Marker and carry it back across the finish line. Two trials were performed and the best score was selected.

**Scoring:** Record the time to complete the test in seconds to the nearest one decimal place. A trial was void if a Marker is dropped or thrown.

**Experiment design**

To accomplish the study we used 28 days Plyometrics training.

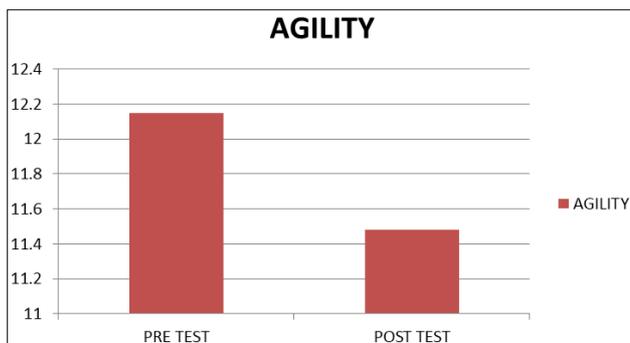
**Results**

**Table 1:** Group Statistics

Group	Variable		N	DF	Mean	Std. Deviation	Std. Error Mean	t
M.P.ED	Agility	Pre Test	20	19	12.15	.83148	.18592	4.01*
		Post Test	20		11.48	.64823	.14495	

\*Significant at 0.05 with the df 19

The table no 1 shows the agility mean score of (M.P.ED students) pre test is 12.15 and mean score of post test is 11.48. Standard deviation of pre test is .83 and Standard deviation of post test is .64. The score obtained t value was 4.01 respectively which were two tailed significant. It means there was a statistically significant difference in agility of the M.P.ED students. It means the score of pre test of agility is much high than compression of post test. We find out positive effect of Plyometrics training on agility of the M.P.ED students.



**Fig 1:** Agility mean score of pre and post test of students

**Conclusion**

After analysis the obtained results it was observed that mean score of post test is lower than the pre test mean score. It means there was a statistically significant difference in agility of the M.P.ED students. We find out positive effect of Plyometrics training on agility of the M.P.ED students. So the hypothesis which was formulated that "There will be significant effect of Plyometrics training on agility of the students" was accepted

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