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## Effects of sports specific training on selected physical physiological psychological and physical exercises personality variables: A study of college level students

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### Abstract

The aim of the research is to investigate the effects of sports specific training with perceptual skill training on muscular strength and explosive power of male inter-collegiate Players studying various Colleges. The subjects were randomly divided into three equal groups of fifteen each, of which two were experimental groups and one a control group. Exercise plays an important role in day today life, because increased demands and fast life approach needs a fit and sound mental and physical fitness. Keeping in view this important aspect of life researcher is very keen to find out the; ' impact of yogic and physical exercises on personality variables, A study on college level students. Keywords: Sports specific training, physical physiological psychological, college level students

**Introduction** Physical Fitness is the capacity to carry out responsible vigorous physical activity and includes qualities in pertain to the individual health and well-being. Sports training largely depend on Physical Fitness. Physical Fitness improves the general fitness, health, organic functioning capacity, strength, stability of muscular and skeleton system etc. Importance of Physical Fitness or motor abilities is the main criteria in sports training. As per Sebastian Coe - says that, the basis for overall physical fitness is achieved by improving your respiration and your circulation, and to the end the most effective activity is running. The longer you keep running and exercise well the longer you will stay well. Physical Fitness is the basic criteria for every individual in the society. To lead a successful life an individual has to undergo fitness programmes in his daily life. It is an important programme for sportsman. Through fitness a sportsman easily adapts motor abilities and conditioning.

**Keywords:** Physical physiological psychological, physical exercises

### Introduction

#### Circuit Training

Circuit training was invented in 1953 as an efficient way for coaches to train many athletes in a limited amount of time with limited equipment. The exerciser moved through a series of weight training or calisthenics arranged consecutively. It was a fastpaced workout of 15 to 45 seconds per station with little (15 to 30 seconds) or no rest between stations. Today, this is known as "circuit weight training". Research has shown that it can increase muscular strength and endurance. There is a mild improvement in aerobic stamina but only if the rest periods are kept very short. Another variation is "aerobic circuit training". Aerobic stations like a treadmill, rower, bike, or stepper (one to five minutes per station) are interspersed with weight training stations. This protocol has been found to increase aerobic stamina and muscular endurance. Circuit training is an effective organizational form of performing physical exercises for improving all physical fitness components. Before and after training, the initial and final tests were conducted for the variables such as speed, agility, power, co-ordination, static balance and dynamic balance for the experimental and control groups. Circuit training was given for eight weeks for alternate days. The study showed that the skill related fitness components such as speed, agility, coordination, power, static balance and dynamic balance were significantly improved due to circuit training among college men soccer players. The maximum improvement attained at the sixth week of training.

Circuit training aims at developing general or basic fitness which is a pre - requisite to every sport. It is designed to assist the development of the muscular as well as the circulatory and

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respiratory systems of the body. Its principle is based on the system of progressive loading. Circuit training can be used for general fitness purposes, can be adapted as a conditioning medium for various arduous sports. A circuit may consist of a number of different exercises with or without apparatus. The dosage of each exercise are arranged in station around the gymnasium or track. The circuit training format utilizes a group of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a prescribed time period before moving on to the next exercise. The exercises within each circuit are separated by brief, timed rest intervals, and each circuit is separated by a longer rest period.

### **Pressure Training**

This type of training is often related to a particular skill, such as passing or heading in football. Once a person has learned the skill of heading, the skill should be practiced in a pressure situation. The player now has to head a number of balls which are delivered in turn at a fairly rapid pace. The player has to adjust to each heading situation quickly. If the balls are fed too quickly or the player becomes fatigued, the skill might well break down. The advantage of pressure training is that it demonstrates a person's ability to perform specific skills in a stress situation. Pressure usually refers to the feelings of an athlete for performances in a sporting situation. It is often experienced as a compelling or constraining influence on the mind, or an urgent demand that must be met. Pressure is a feeling that is created by ourselves, when we react to particular events or situations. Pressure isn't necessarily bad - it can enhance motivation, concentration and enjoyment.

### **Physical Fitness**

Physical fitness is an individual capacity to carry out various reasonably forms of physical activities without being unduly tired and be ready for unseen emergencies. This includes qualities important to the individual's health and well-being. Many scientific studies over the past twenty years support the value of regular exercise for a healthy lifestyle. Regular participation in vigorous exercise increases physical fitness. Regular vigorous physical activity throughout life significantly reduces the risk for disability and premature death from stroke and heart disease. It can also effectively alter many diseases by lowering body weight and total serum cholesterol levels and promoting the maintenance of normal blood pressure. The health benefits of lifelong exercise habit and a high level of physical fitness is indisputable emphasis must be placed on establishing health fitness programmes in schools because exercise and other lifestyle habit are developed early in life.

### **Physical Activity and Fitness**

Physical activity is one of the main public health problems in both developing and developed countries. Up to now we have strong evidence that physical activity is associated with aging process and level of physical activity decreases during lifespan. At the other side age related changes in neuromuscular and sensor motor system negatively affect all health related physical fitness components. Low level of overall fitness represents high risk. It is well known that improving or maintaining physical fitness reduces the risk of all-cause and cardiovascular diseases if general recommendations are implemented during training programme. However, conclusions from different studies have shown contradictory results regarding health related

physical fitness components in elderly population. Some of the studies confirmed positive effects of strength and resistance training on body composition and muscle fitness with minimal effect on other components. In addition, moderate intensity continuous running, high-intensity interval running as well as brisk walking are efficient interventions for improving cardio respiratory fitness and body composition regarding age, gender or training status. Despite that, which training programme simultaneously improve all health-related physical fitness components is still unclear. Obviously we need more studies which will investigate complex training programme and its effect on body composition, muscle fitness, cardio respiratory fitness and flexibility.

### **Benefits of Physical Activity**

Physical activity plays as an important factor for the growth & development of children & adolescents. Physical activity has positive impact on student's mental, physical well-being, student's achievement, readiness to learn, behavior and self-esteem. Many research studies indicate that due to absence of physical activity children are likely to face serious diseases related to obesity. With the physical activity there is an increase and maintenance of muscular strength, balance flexibility, reaction time, overall co-ordination & it also improves mental concentration. On the other side physical activity prevents muscle decay. In psychological aspect also physical activity increases tolerance to stress & improves self-esteem, self-confidence, mood even it decreases risk of anxiety & depression. There are other benefits of physical activities.

- By bolstering the immune system increases resistance to diseases.
- Illnesses such as coronary heart disease, hypertension, stroke, type 2 diabetes and osteoporosis are reduced with the physical activity.
- Physical activity with healthy nutrition is most and effective ways to maintain a healthy weight. Hypertension, high blood cholesterol and diabetes can be control by physical activity.
- The risk of accidental injury is reduced by physical activity and also it shortens the recovery period from an accident and illness.
- Quality of life and longevity is increased by physical activity

### **Yoga**

Yoga has become the fashion of the day. Millions all over the world have taken to yoga practices. Gradually the understanding of yoga is getting depended. Through yoga we are able to conserve and create more energy, which can be utilized to develop max performance. Yoga teaches us how to control over mind leading thoughts, anxiety, tension, stress and agedness. Yoga with its usefulness to the modern man to relieve his stresses and tensions to the patients in prevention, treatment, rehabilitation and promotion to positive health, to the professional in increasing their skills and improve the quality of life etc. is attracting people from all sections of the society. Yogic exercises are also becoming popular in the area of games and sports and also in the curriculum of Indian schools, colleges and universities. Yoga the ancient science of India, is a conscious process for gaining mastery over the mind and thereby grow faster from the animal level to become normal human beings and reach height of greatness. Super human levels and ultimately attain divinity or perfection itself. This conscious process of gaining mastery helps us to

manifest the innate potentialities dormant in all of us and blossom into men with the fivefold personality development. Yoga exercises gently tone and shape the body, improve posture, flexibility and contribute to feeling of well-being. It helps to keep the blood vessel elastic, reduce high blood pressure in some cases. Yoga exercises gently press on the body glands and organs, resulting in positive effects for the digestive, endocrine and reproductive systems. The path of concentrating the body and mind becoming in true with God is known as yoga. Yoga is helpful in strengthening the bones, muscles and other organic system of the body. The main aim of yoga to achieve all the comforts of life and to make the living soul one with god so that my get rid of the cycle of births death and rebirths and attain salvation.

### Conclusions

- It is not necessary that all the aspects of cohesion are to be alike for a group or groups.
- Though many of the qualities of an individual are inborn and refined during learning process, but some of the characteristics are seemed to be acquired in parts with specific sports situations.
- It is inevitable to extend the researches in recognizing the development of solidarity among adolescents through sports participation, as it would lead to a healthy life style and wellness of our kids. Coaches, physical educationists, and sport psychologists would be well advised to assess team cohesion and develop team-building strategies to improve task cohesion. Specifically, coaches could work on making sure that team members are clear about and happy with team goals and the level of shared commitment.

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