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Nagaraj GP

Physical Education Teacher,
Diploma Agriculture College
Katalagere Channagiri Taluk,
Davanagere, Karnataka, India

Dr. SK Manjunatha

Assistant Professor Department
of Physical Education, College of
Horticultural, Mudigere,
Karnataka, India

Viswanatha T

Assistant Professor Department
of Physical Education, College of
Horticultural, Hiriyur,
Karnataka, India

A study on the effect of continuous method of sports training for development of endurance among school male athletes in Karnataka

Nagaraj GP, Dr. SK Manjunatha and Viswanatha T

Abstract

The purpose of this Study to find out the effects of various continuous methods of Sports Training for development of Endurance among school Male Athletes. The following continuous method of Sports Training Practice was given to 20 Male School Athletes of Chirtadurga District who has participated in State Level and National Level Athletic Competition.

1. Slow Continuous Method
2. Fast Continuous Method
3. Variable Pace Method
4. Fartlek Method

The Study was conducted on 20 School Male Athletes and given coaching in above continue methods of Training for Six Weeks regularly. The weekly programme include only above continuous method of training. The Single Group Design was chosen for the Study. To find out the endurance of Athletes pre-test was conducted before the study in 600 Meters Run and after the Six Weeks of Training the same Athletes was made to run 600 Meters Run in Post Tests and their mean values was recorded. There was a significant difference in the mean values of Pre-Test and Post-Test in endurance among the School Athletes. Table showing the mean values of School Male Athletes for development of Endurance through continuous method of training. Pre-Test Mean 1:39.30 Post-Test Mean 1:34.90 The results of the study has shown the vast improvement of Endurance among School Athletes between Pre-Test and Post-Test results. There is a minimum improvement of 5 Seconds in the mean scores of Pre-Test and Post-Test.

Keywords: sports training, endurance, school male athletes

Introduction

Endurance is the ability to do sports movements with the desire quality and speed under the condition of fatigue. Endurance is very important ability in sports. It ensures optimum speed of motor actions. Endurance training results in the improvement of function of various organ and systems of the human body. Endurance improves ability to recover quickly from training and competition load. The importance of Endurance for recovery assumes much more relevance during competition i.e. in between heats, rounds, matches on successive days etc. Endurance activities have been found to be of high value for maintenance of good organic health for increasing the general resistance against infection and for cure and treatment of various diseases and metabolic disorders. Endurance performance are of different nature in different sports. These can be divided into various groups according to the dominant similarities in endurance performance. For different groups of sports essentially a different type of endurance ability is required. The formation of groups and thereby classification of endurance can be done on the basis of two criteria nature of activity and duration of activity.

Classification According to Nature of Activity

1. **Basic Endurance:** It is the ability to do movements involving large number of muscles, at a slow pace for prolonged period e.g., jogging, swimming, walking at moderate speed for periods lasting more than 30 minutes.
2. **General Endurance:** It is the ability to do sports movement of general nature under conditions of fatigue. General endurance is not specific to any sport and is developed through general exercises.

Corresponding Author:

Nagaraj GP

Physical Education Teacher,
Diploma Agriculture College
Katalagere Channagiri Taluk,
Davanagere, Karnataka, India

3. Specific Endurance: It is the ability to do sports movements of a particular sport under conditions of fatigue for example in Endurance sports in which movements are done at slower pace but for long duration (e.g. Marathon).

Classification According to Duration of Activity

- 1. Speed Endurance:** This ability we require for cyclic activities lasting upto 45 seconds eg. 400 Meters.
- 2. Short Time Endurance:** This endurance ability is needed for cyclic activities lasting from 45 second to two minutes eg. 800 Meters.
- 3. Medium Time Endurance:** This ability is required for cyclic activities lasting from 2-11 minutes eg. 1500 Meters and 3000 Meters.
- 4. Long Time Endurance:** The Long Time Endurance is needed for cyclic activities lasting more than 11 minutes eg. 5000 Meters and 10000 Meters.

Design of the Study

The Single Group Design experiment also known as one group method was used for the study. It consist of comparing the growth of a Single Group under two different sets of conditions:

1. Pre-Test
2. Training through continuous method
3. Post-Test

Compare between the Pre-Test and Post Test.

Sample of the Study

The sample of the Study consist of 20 Male School Athletes of Chirtadurga District those who have taken part in the State Level and National Level Athletic Meets, between the Age Group of 15-17 Years.

Methodology

600 Meters Run: To measure the Endurance. The Pre-Test was conducted on 20 Male Athletes. This Athletes are given training for Six Weeks through continuous method of a Sports Training. The following Training Methods are used for Training:

- 1. Slow Continuous Method:** In this method the Athlete exercises at a certain speed without any pause in very long duration eg. long cross country run, slow continuous running etc. The Heart rate should be from 140 to 160 Beats per minute. In slow continuous method the Athletes has given practice from 30 minutes to one hour.
- 2. Fast Continuous Method:** In this method the work is done at fast but unchanging pace for longer duration without any break. The Athlete made to run fast for 20 minutes. The Heart rate should be from 160 to 190 Beats per minute.
- 3. Variable Pace Method:** In this method the exercise is done continuously but with a changing pace or speed. The total speed is pre-planned. The duration of the practice given to Athletes was 15 Minutes to 30 Minutes. The Heart rate should be from 140 to 190 Beats per minute.
- 4. Fartlek Method:** Fartlek is a Swedish Word means Speed Play. In this method the change of pace or speed is not pre-planned. The Athletes changes the speed on his own during practice. The duration of practice is 30 minutes. The Heart rate fluctuates between 140 to 180 Beats per minute. The School Athletes were given practice for Six Weeks i.e. one Meso Cycle in above

continuous method of training. The Athletes are made to practice six days a week and one days given rest. After six weeks of training the Post-Test performance is recorded in 600 Meters. Certain factors like daily routine, life style, food habits which would have an effect on the performance of Athletes cannot be controlled. The Athletes are having different socio economic status, different Dietary Habits, Mode of Living, and belongs to the different schools in Hyderabad District.

Result and Discussion

Table showing the mean values of School Male Athletes for development of Endurance through continuous method of training.

Table 1: Mean values of School Male Athletes

S.No.	Test	No. of Subjects	Mean
1.	Pre-Test	20	1:39.30
2.	Post-Test	20	1:34.90

The results of the study has shown the vast improvement of Endurance among School Athletes between Pre-Test and Post-Test results. There is a minimum improvement of 5 Seconds in the mean scores of Pre-Test and Post-Test.

Recommendations

It is highly recommended to give continuous methods of sports training for improvement of Endurance among School Athletes.

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