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## Training effects of six weeks on physical fitness of under 17 boys tug of war players

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### Abstract

The present study was undertaken to evaluate the effect of 6 weeks training program on tug of war players to measure the physical fitness component of tug of war players both boys and girls separately physical fitness of tug of war players. Data was collected through pre and post test. To determine significance effects, t-test was applied. The result shows that there was in case of 50M dash, standing broad jump, pushups and sit ups there is impact of training on boys. But In girls 50M Dash run, pushups and sit ups impact was not find, but on standing broad jump there is an impact of training.

**Keywords:** Training effects, physical fitness, war players

### Introduction

The Rope The game involves usage of single equipment i.e. a rope. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game. A white mark is made exactly 13 feet from the red mark on either sides of the rope. The game is won when either side with this white mark crosses the center point. Teams According to the rules of tug of war, each team can accommodate a maximum of 8 members. However the combined weight of these members should not exceed the weight determined for the particular category. Field and Marking the game has to be played on a flat grassy patch of land. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the center marked on the ground. On either sides of the rope at the distance of 4 m from the center line, 2 more marks need to be made. This is the point where in the first member of each team will stand. How to Play As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory.

The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game. Competition The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces "Pick up the rope", he then says "Take the string", and finally he tells the players to "Pull". Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications. For e.g. lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called 'locking'. Touching the ground for a longer period of time is also considered as a foul.

Sports training are based on systematic fact and principles. A systematic and suitable for achieving high performance has to be first made on the basis of which sports training is plan. It is always assessed, planned organized and implemented by a coach or a sports teacher or some other person (Hardayal Singh (1984).

The training according to Singh (1995) has to be based on the result of successful practice which has withstood the test of time.

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Fitness is a capacity of the heart, blood vessels lungs and muscles to function at optimum efficiency. Fitness is a physical state of well being that allows people to perform daily activities with vigor reduces their risk of health problem related to lack of physical activities.

**Objective Of Study**

1. To measure the physical fitness component of tug of war players both boys and girls separately.
2. To give 6 week training program of the tug of war players.
3. To measure the physical fitness component of tug of war players both boys and girls separately after the training program.
4. To find out the differences between pre training and post training physical fitness of tug of war players

**Samples**

The study was formulated based on the simple random sampling. The samples were collected from the Punjab state level u-17 tug of war players

**showing the sample of the study**

s. no	Category of subject	Number of subjects
1.	Boys (u-17)	15
2.	Girls(u-17)	15

**Tools Used**

The present study under investigation selected the following physical fitness test performed are

**Test Used To Check Physical Fitness**

- 50 meter dash
- Standing broad jump
- Pushups (in 30 sec)
- Sit ups (in 30 sec)

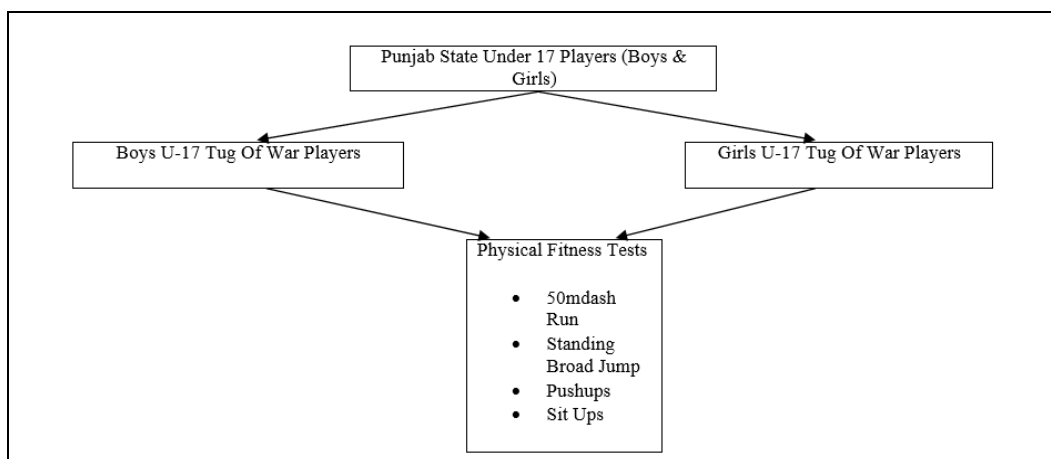
**Procedure**

All the 30 subjects were given 6 week training program. Physical fitness test was measured and recorded. They were given 2 hours game practice for 6 weeks. Where are they emphasizing on technique and skill of the game and effort boost performance. The practice was normal type under sports teacher supervision.

After the period of six week training the subjects were again give administrator five test of physical fitness and measure were recorded.

**Design of The Study**

The study has focused the following experimental design.



**Result and Discation**

After the data collection mean and SD all the parameters were calculated and differences between their mean were found

with the help of T-test. The result has been show following table.

**Table I:** Effect of Training on Physical Fitness of Subjects (Boys)

Sr. No.	Variables	After training		Before training		T
		Mean	SD	Mean	SD	
1.	50 Mt run	6.920	0.402	7.260	0.372	2.4042
2.	Standing board jump	2.2547	0.0432	2.2447	0.0476	0.6020
3.	Pushups	28.60	1.40	26.87	1.30	3.5058
4.	Sit ups	17.27	1.16	15.60	1.35	3.6192

As per the above table show that in case of 50 M dash run, standing board jump, pushups and sit ups there are significant impact of training.

**Table II:** Effect of Training on Physical Fitness of Subjects (GIRLS)

Sr. No.	Variables	After training		Before training		T
		Mean	SD	Mean	SD	
1.	50 Mt run	9.140	0.244	9.087	0.275	0.5617
2.	Standing board jump	1.4973	0.0425	1.4613	0.0485	2.1612
3.	Pushups	14.60	1.55	13.80	5.44	0.5477
4.	Sit ups	12.33	1.11	13.33	1.54	2.039

As per the above table show that in case of 50 M dash run, pushups and sit ups there are no significance impact of training but on standing board jump there are significant impact of training.

### **Conclusion**

The finding of study indicate that in case of 50M dash, standing broad jump, pushups and sit ups there is impact of training on boys.

In girls 50M Dash run, pushups and sit ups impact was not find, but on standing broad jump there is a impact of training.

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