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Effect of three weeks javelin skill training on the javelin throw

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Abstract

The purpose of the study was to find out the significant difference of pre and post javelin throw skill performance. The researcher collected the data on thirty (N=30) female students of Department of Physical Education, Punjabi University Patiala as subjects between the age group of 18-25 years. The statistical package for the social sciences (SPSS) was utilized for analysis. The distinctions in the mean of groups for selected variable were tested for the significance of difference by paired t-test. In all analyses, the 5% critical level ($p>0.05$) was considered to show statistical significance. The outcomes demonstrate that statistically significant differences were found with regard to pre and post javelin throw skill performance.

Keywords: Javelin throw

Introduction

The Javelin was originally designed as an offensive weapon and used in favour of the spear as it was lighter and could be thrown rather than thrust allowing, long distance attacks against an enemy. The design of the Javelin differed greatly from the design most people have now become accustomed to, with the athlete holding onto a thin leather cord wrapped around of the Javelin itself. (Engineering sport.com.) The first Javelin throwing competition at the Olympic Games was held in Athens in 1906. The women held their first Olympic javelin competition in Los Angeles 1932. (Wikipedia, the free encyclopaedia). The Javelin throw is an overhead throw. Its technique is difficult to learn because of the length of the implement. The beginner should therefore be allowed to learn the sequence of movement under simplified condition. The release movement is almost identical with a long throw with a cricket ball. By comparison with other throwing events, the javelin throw requires less maximum strength, but a lot of explosive force, agility and mobility. (Shmolinsky, G 1978).

Methodology

The presented study was conducted with the purpose to determine effect of three weeks javelin skill training on the javelin throw had been adopted to collect the relevant data for this study. The study was conducted on (N=30) female students of department of physical education, Punjabi University Patiala as subjects between the age group of 18-25. The following independent and dependent variables have seems to contributing to the performance of beginners javelin thrower were selected as a variable for the study.

Dependent Variable

- Javelin Throw performance

Tools

- Standard Javelin Throw
- Measuring Tape

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Table 1: Mean, Standard Deviation, Standard Error of Mean And ‘T’ Value of Pre and Post Event Javelin Throw Performance for Beginners

Group	N	Mean	Standard deviation	Std. Error Mean	‘t’
Pre Test of Javelin	30	11.01	3.36	.61	9.84*
Post Test of Javelin	30	16.33	3.80	.69	

$t'_{0.5} (29) = 1.69$

Table-1 reveals that the Mean values of pre and post javelin throw performance of beginners 11.01 & 16.33 whereas the SD is 3.36 & 3.80 respectively. The calculated t-value for pre and post javelin throw performance of beginners 9.84*, which is

more than the tabulated t-value 1.69 at .05 levels. So, it implies that there is significant difference found between pre and post javelin throw performance.

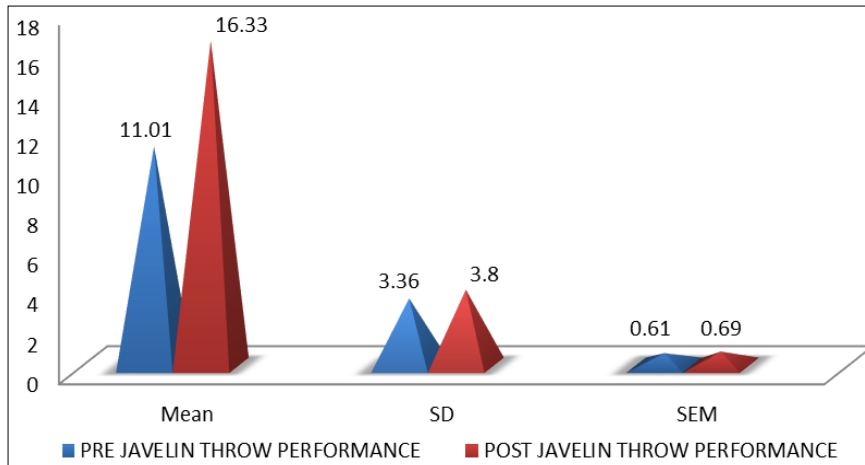


Fig 1: Mean, Standard Deviation and Standard Error of Mean of Pre and Post Event Javelin Throw Performance for Beginner

Finding of Discussion

It is evident from the results of the study that the javelin throw performance improves after given the three week training. It may be due to the training the trainer gives the systematically training to the beginners. These findings are similar to the study of Samah Kamal (2016).

Conclusion

1. To conclude, It was observed that there were significant differences of Javelin skill training on the performance of Javelin throw obtained “t” value 9.84(1.69) was found statistically significant.

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