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Six weeks training effects on selected physical fitness variables of under 17 girls' hockey player

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Abstract

The main purpose of the study was undertaken to evaluate the effect of 6 weeks training program on girl's hockey players. For this study 20 girl's player from were selected from Sant Baba Bhag Singh International School Khiala, Jalandhar. To measure the physical fitness component Speed we used 30 meter dash test, for Strength used standing broad jump and we used for Power overhead medicine ball throw. Data was collected through pre and post test. The collected data were put to statistical treatment applying t' test to find out the differences, the level of significance was set at 0.05. The result shows that there was power and strength impact of training on players. But in the speed impact was not found.

Keywords: Training effects, physical fitness, hockey, girls

Introduction

Physical Fitness is a general state of health and, well being and more specifically, the ability to perform aspects of Sports or occupations. Different people have different opinions regarding physical fitness. For a common man to have a good physique is a symbol of physical fitness. Physical fitness is more than the possession of strength and endurance. it means having the best possible health with the capacity to do one everyday task to engage in recreational pursuits and to meet emergencies when they arise(Gupta Dr. V) ^[1].

Hockey, sometimes termed as field hockey, is a stick-and-ball game, played by men and women throughout the world. It played between two teams, each team having 11 players including one goal keeper and one captain. Game lasts for 70 minutes and this period id divided into two halves each having duration of 35 minutes at intervals. Teams are allowed to change their ends. It is very difficult to pinpoint the exact year and its founders. However, about the game it is only known that it has derived its name from an old French word 'hoquet', which means shepherd's curved. It has obtained world wide popularity and in many leading countries of the world this game is being played (Nagi K) ^[2] the process which helps in preparing an individual for any event or activity is said to be training. In the field of games and sports, that process which helps in preparing sports-persons to participate in competitions and tournaments of various levels is known as sports training. the scientific and systematic channel of preparation of players for highest level of sports performance is known as sports training (Singh V) ^[3].

Speed is the ability to move quickly across the ground or move limbs rapidly to grab or throw. Muscular strength is the amount of force that your muscles can exert against resistance and the ability to carry out work against a resistance.

Power the ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements.

Statement

The statement of problem is "six weeks training effects on physical fitness variables of under 17 girls' hockey player".

Selection of subjects

The study was formulated based on the simple random sampling. The Subjects were selected U-17 girl's hockey players from the Sant Baba Bhag Singh International School Punjab.

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Objective of study

1. To measure the selected physical fitness component of U-17 girls hockey players of SBBS International School.
2. To finds out the differences between pre training and post training physical fitness of U-17 girl’s hockey players

Hypothesis

1. There is no significant difference on speed between pre training and post training.
2. There is a significant difference on strength and power between pre training and post training.

Limitation

1. No special motivational technique was used during the test.
2. The investigator was unable to control their diet and rest schedules.

Delimitations

1. The study was delimited to 15-17 years age group.
2. The study was delimited to SBBS International School U-17 girl’s hockey player.

Methodology

The present study under investigation selected physical fitness variables and test performed are:

Sr. no.	Variables	Test	Measure in
01	Speed	30 meter dash test,	Seconds
02	Strength	standing broad jump	Meter
03	Power	overhead medicine ball throw (5kg)	Meter

All the 20 subjects were given 6 week training program. Selected 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 test of physical fitness and measure were recorded.

Statistical procedure

The data was analysed and compared with the help of statistical procedure in which arithmetic mean, standard deviation and “t” test was used to compare the data.

Results

Table 1: Effect of Training on selected Physical Fitness variables of Subjects

Sr.no	Variables	After training		Before training		‘T’ value
		Mean	SD	Mean	SD	
01	Speed	6.33	0.38	6.59	0.40	1.41
02	Strength	1.33	0.146	1.14	0.141	13.05
03	Power	2.97	0.48	2.67	0.48	2.52

As per the above table show that strength and power significant impact of training and speed was small impact of training but it is not significant.

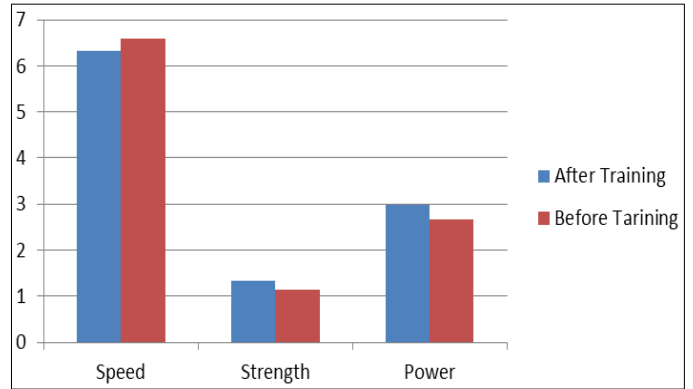


Fig 1: Difference of Means between Before Training & After training on girls Hockey Player.

Conclusion

The finding of study indicate that in case of 30M dash, standing broad jump, overhead medicine ball throw there is impact of training on U-17 girls hockey player. Strength and power has significant difference after training and speed has a difference in mean but it is not significant difference.

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