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Impact of S.A.Q. training protocol on selected physical fitness parameters of male hockey players

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Abstract

In this present study has attempted to find out the effect of S.A.Q. Training protocol on selected physical fitness parameters of Hockey players. To verify the effect of S.A.Q. Training protocol on selected physical fitness parameters of Hockey players, total 15 all India Inter university male Hockey players of Punjabi University Patiala were selected as subjects. The age of subjects was raging between 18 to 28 years and they were selected through purposive sampling technique. The investigator had selected Speed and Agility as dependent physical fitness parameters for the present study. Further eight weeks S. A. Q training was elected as independent variable of the study. Paired 't' test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at .05. The results strongly confirm that, significant differences were observed of male Hockey players for their Speed variable. Furtherthe result authenticated that, there were significant differences were observed of male Hockey players for their Agility variable

Keywords: S.A.Q. training protocol, physical fitness parameters, hockey players

Introduction

The term S.A.Q. is gotten from the first letters of together of the temporary Speed, spryness and Quickness, by the term speed one generally gets the feeling that we are talking about speed in running occasions however speed likewise concerns many body parts and shifts starting with one section then onto the next. Speed alludes to speed of developments and one's capacity to execute quickly progressive activities in a specific course over a brief period. As indicated by Barrow and McGee (1971), speed is portrayed as "one's ability to perform dynamic advancement of a comparable precedent at a snappy rate". Speed of muscle chocking is a gained quality yet it very well may be tremendously improved through planning by real systems and by practicing quick advancements and their suitable coordination. Speed is unimaginably impacted by one's age, tallness, weight, muscle consistency, mechanical and fundamental parts like length of extremities and flexibility of joints.

In this Present study researcher has attempt to discover the effect of S.A.Q. Training protocol on speed and agility of male Hockey players.

Procedure and methodology

Selection of Subjects

To check the effect of S.A.Q. Training protocol on selected physical fitness parameters of male Hockey players, total 15 all India Inter university male Hockey players of Punjabi University Patiala were selected as subjects. The age of subjects was raging between 18 to 28 years and they were selected through purposive sampling technique.

Selection of Parameters

The investigator had selected Speed and Agilityas dependent physical fitness parameters for the present study. Further eight weeks S. A. Q training was elected as independent variable of the study.

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Data Collection

To check the speed ability and Agility level of subjects 50m dash and 10m shuttle run was used as tool in this study.

Statistical Analysis

Paired ‘t’ test was applied to find out the difference or to compare mean, standard deviation and standard error mean was computed to describe each variable statistically. The level of significance was set at .05

Data analysis and results of the study

Table 1: Shows Mean, SD and t-value for Pre and Post Test of Speed variable of all India Inter university male Hockey players

Physical Fitness Variable	Experimental Group	Mean	Standard Deviation	t-value
Speed	Pre-Test	9.79	0.36	11.71*
	Post-Test	9.16	0.17	

*t’_{0.05(24)}=1.71 *=Significant at 0.05

Table & figure no. 1 statistically depicts that the Mean and Standard Deviation with regard to Speed variable for pretest is 9.79 and 0.36 where as in case of posttest is 9.16 and 0.17 respectively. The calculated t value 11.71 for Speed variable is more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and posttest for Speed variable of all India Inter university male Hockey players of Punjabi University Patiala.

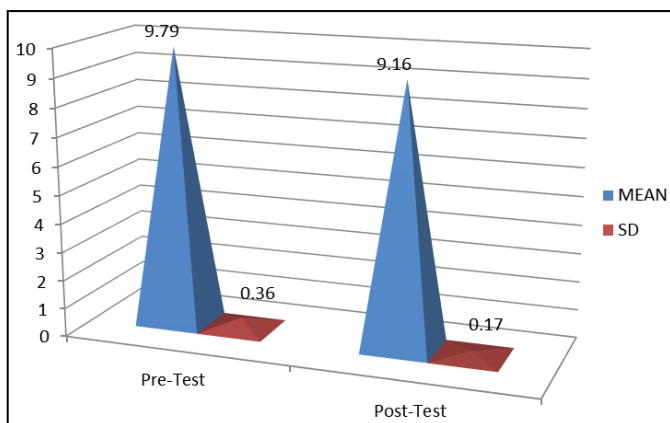


Fig 1: Shows Mean and SD values for Pre and Post Test of Speed variable of all India Inter university male Hockey players

Table 2: Shows Mean, SD and t-value for Pre and Post Test of Agility variable of all India Inter university male Hockey players

Physical Fitness Variable	Experimental Group	Mean	Standard Deviation	t-value
Agility	Pre-Test	11.62	0.61	14.66*
	Post-Test	10.26	0.41	

*t’_{0.05(24)}=1.71 *=Significant at 0.05

Table & figure no. 2 statistically represents that the Mean and Standard Deviation with regard to Agility variable for pretest is 11.62 and 0.61 where as in case of posttest is 10.26 and 0.41 respectively. The calculated t value 14.66 for Agility variable is more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and posttest for Agility variable of all India Inter university male Hockey players of Punjabi University Patiala.

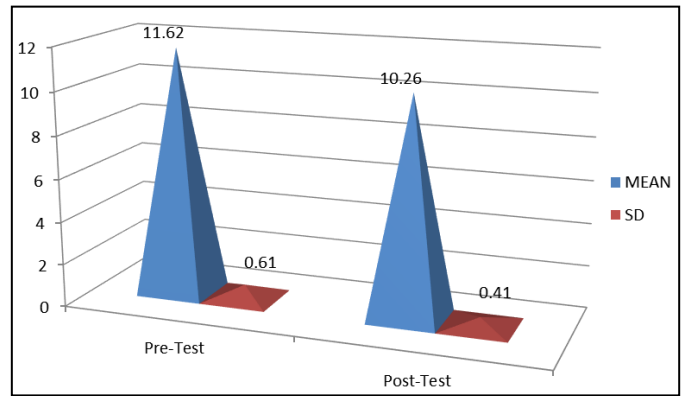


Fig 2: Shows Mean and SD values for Pre and Post Test of Agility variable of all India Inter university male Hockey players

Conclusions

Based on the results of the study the following conclusions were drawn by the investigator:

1. The results strongly verified that, significant differences were observed of male Hockey players for their Speed variable.
2. The result valid that, there were significant differences were observed of male Hockey players for their Agility variable.

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