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Impact of twelve weeks cross training protocol on weight among college level male athlete

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Abstract

In the present study it was planned to check the impact of twelve weeks cross training protocol on weight among college level male athletes. To achieve the purpose of the present research, total one hundred (N=100) of college level male athletes of Gurgaon district (Haryana) were selected as subjects. The age of the subjects was ranged from 20 to 28 years. To measure the weight of selected subjects, weighing machine was used by the researcher. After the collection of relevant data, to know the impact of twelve weeks cross training protocol on weight of college level male athletes, t-test was employed on mean values of pre and post-tests with the help of Statistical Package for the Social Sciences (SPSS) 16.0. The level of significance was set at 0.05 percent. The result of the study shows that there was significant difference between the pre-test and post-test measurements of weight of College level male athletes.

Keywords: Twelve weeks, male athlete, protocol, purpose

Introduction

Anthropometry is an emerging scientific specialization concerned with the application of measurement to appraise human size, shape, proportion, composition, maturation and gross function. It is a basic discipline for problem-solving in matters related to growth, exercise, performance and nutrition. The area has been defined as the quantitative interface between anatomy and physiology. It puts the individual athlete into objective focus and provides a clear appraisal of his or her structural status at any given time, or, more importantly, provides for quantification of differential growth and training influences. Without an understanding of the growth of children and youth and their structural evolution, selection of talent and monitoring of training is largely a matter of sophistry and illusion. Anthropometry provides the essential structural basis for the consideration of athletic performance.

Anthropometry is the systematized measurements that express the dimensions of human body. The research on anthropometric measurements may be useful in selecting the suitable game or sport for any individual. The idea behind the choice of a game or event by an individual of his interest is to give out the best possible abilities. For this purpose, the role of anthropometric measurements in any game or event is most important.

The body weight is the measurement of physical material frame of the whole material organism (men/women) as determined by means of weighing. Anthropometrists felt that human physique distributed along a bell curve, and the peak of the curve-the average- was the perfect form, with everything to the sides deviating by accident or fault.

Methodology and Procedure

In the present study it was planned to check the impact of twelve weeks cross training protocol on weight among college level male athletes. To achieve the purpose of the present research, total one hundred (N=100) of college level male athletes of Gurgaon district (Haryana) were selected as subjects. The age of the subjects was ranged from 20 to 28 years. To measure the weight of selected subjects, weighing machine was used by the researcher. After the collection of relevant data, to know the impact of twelve weeks cross training protocol on weight of college level male athletes, t-test was employed on mean values of pre and post-tests with the help of Statistical Package for the Social Sciences (SPSS) 16.0. The level of significance was set at 0.05 percent.

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Results of the Study

Table 1: Comparison of pre-test & post-test anthropometric variable of weight (kg) among college level male athletes

Components	Group	Mean	SD	t- value
Weight	Pre-test	79.6	9.71	2.96*
	Post-test	81.1	12.7	

$t_{.05(99)} = 1.98$

Table no.1 shows the Pre-test & Post-test Mean, SD and t – values for weight of College level male athletes. The table statistically reveals that the calculated t – value of weight 2.96 was greater than table value 1.98. Hence it proves that with the application of twelve weeks cross training protocol there was significant difference between Pre-test and Post-test values of anthropometric variable of weight. The values of table no. 1 are also illustrated in figure no. 1.

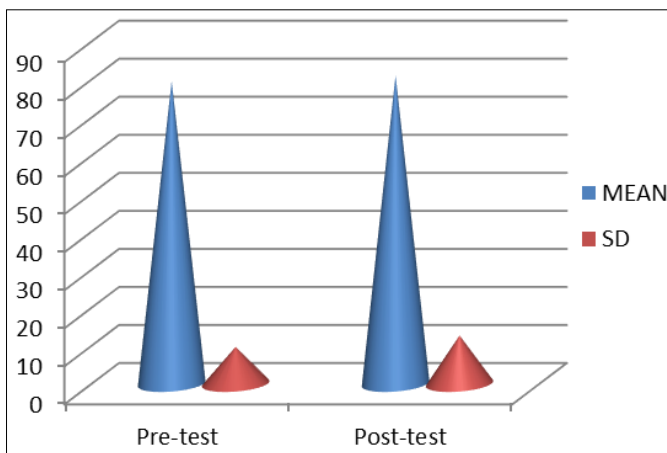


Fig 1: Comparisons of mean and SD for anthropometric variable of weight (kg) among college level male athletes

Conclusions

The result of the study shows that there was significant difference between the pre-test and post-test measurements of weight of College level male athletes. Hence the present study confirms that, twelve – weeks cross training protocol has significant effect on weight of college level male athletes.

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