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Effect of 6 weeks netball training on selected motor fitness components of school players

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Abstract

The purpose of the study was to see the effects of 6 weeks Netball training on motor fitness of school players. 50 players (girls & boys) on the basis of random sampling technique of age 16 ± 1 years were selected as a subject from netball group of summer coaching camp 2015 District Sangrur, Punjab. The explosive strength of legs was measured by standing broad jump, explosive strength of arms was measured by Over-head backward throw of 1kg medicine ball and the speed was measured by making them run 30 meters. To see the effects of 6 weeks netball training on selected motor fitness components the dependent t-test was employed and found significant difference at 0.05 level of significance in motor fitness components effects on motor fitness components. Result indicated that there is a significant effect of netball training on motor fitness.

Keywords: Netball training motor fitness explosive strength

Introduction

Sports by name are enjoyable challenging all absorbing and required a certain amount of skills and physical condition. A sport is as old as the human society and it has achieved a universal status in modern society it now enjoys popularity, which outstrip any other form of social activity it has become an integral part of the education process as physical education and sports and have been included in regular curriculum. The students are taught various game and sports in a systematic manner besides teaching the students are evaluated in their performance many people participate in games and sports for getting enjoyment besides deriving physical mental social and emotional benefits. Even the research findings show that high level of technique perfection done cannot produce success in competitive sports most of games demand a higher level of speed strength endurance flexibility coordination and optimum fitness of organism. The civilian of Sparta, Athens in the history of the world have stressed physical fitness or physical training as an important objective of their educational programme. Physical education activities are important for children's proper growth and development. Regular physical fitness activities started in early childhood can enhance bone development and delay osteoporosis reduce the risk of heart disease inhibit childhood obesity and provide beneficial to the developing bodies of all school aged children. Furthermore there is strong evidence that regular physical activities improve self-concept. Assist children coping with stress and is related activity participation in adult years. But also suggests that right set of exercise for fitness must provide fun. If the programme for the fitness is not interesting and enjoyable it is unless because majority of participants will drop it out. Most of the calisthenics exercises are boring therefore simple set of exercises which every school can afford to organize and children can find some interest be selected. The researcher has kept all these valuable point in the mind before selecting exercise for motor fitness in the current study. Skill training of every games and sport improve the physical as well as his motor fitness components.

Activity is essential for total fitness in the human body for child activity serves as the vehicle for his development process and also a source of pleasure and satisfaction fundamental motor skill developed and used during childhood years provides the tools for further sports skill learning. These skills hopefully will provide a base for continuation of activity throughout the life.

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Objectives of the study

1. The result of the study will critically analyses the effect of 6 weeks netball on motor fitness components.
2. It will be helpful to find out the importance of motor fitness components in netball
3. The result of the study will be helpful in preparing the training programme to improve motor fitness components.
4. It may also add knowledge to motor fitness and sports training of ball sports.
5. This study may be undertaken to analyze the effects on other motor fitness components.

Material and Methods

Selection of the Subjects

For the purpose of the study 50 Players (girls and boys) from the Net ball group of summer coaching camp, District Sangrur were subjected as the subjects on the basis of random sampling technique for the present study and the age level of the players was 16 ± 1 years.

Variables

Explosive strength of legs.
Explosive strength of arms.
Speed.

Criterion Measures

Standing broad jump was used to measure the explosive strength of legs.
Overhead backward 1kg medicine ball throw was used to measure the explosive strength of arms.
30 meter run was used to measure the speed.

Statistical Analysis

The effect of 6 weeks Netball training on selected motor fitness components were calculated by using dependent t-test (paired t-test). For testing the hypothesis the level of significance was set at 0.05 levels.

Results

Table 1: Mean Difference between Pre and Post Performance of Motor Fitness Components

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Overhead Pre	5.0280	50	2.03400	.28765
	Overhead Post	5.8500	50	2.24138	.31698
Pair 2	SBJ Pre	1.3580	50	.31757	.04491
	SBJ Post	1.6100	50	.32717	.04627
Pair 3	Sprint Pre	4.8142	50	.54943	.07770
	Sprint Post	4.5140	50	.51051	.07220

Table 2: Paired T-Test for Motor Fitness Components

Paired Sample Test									
		Paired Differences					t	df	Sig. (2-tailed)
					95% Confidence Interval of the Difference				
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper			
Pair 1	Overhead Pre	-.82200	.40421	.05716	-.93687	-.70713	-14.380	49	.000
	Overhead Post								
Pair 2	SBJ Pre-SBJ Post	-.25200	.16193	.02290	-.29802	-.20598	-11.004	49	.000
Pair 3	Sprint Pre-Sprint Post	.30020	.26794	.03789	.22405	.37635	7.923	49	.000

Table 2 reveals that there is significant effect of training on motor fitness components as calculated t values (14.38, 11.00 & 7.92) are greater than tabulated t value (1.67)

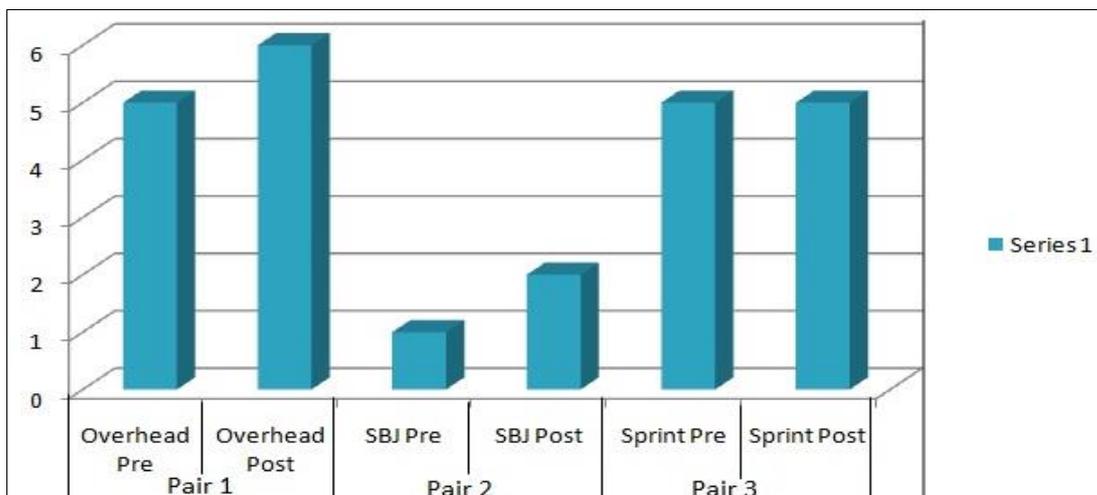


Fig 1: Difference in Pre and Post of selected motor fitness components after 6 weeks Netball training

Discussion and Conclusion

It is evident from the findings that there is a significant effect of Net ball training on motor fitness components. There are significant effects (statistically) on explosive strength of arms,

legs and speed. Though there have been significant effects of Netball training on motor fitness components it is due to the quick and powerful movements from one end of the court to the other. Short sprints and quick movements are there in

training of the Netball and these all improve the explosive power of the legs. When we pass the ball to the other player it needs some quick power so it leads to the improvements in the explosive strength of the arm.

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