



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 497-498

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www.theyogicjournal.com

Received: 09-11-2018

Accepted: 11-12-2018

**Chamkaur Singh**

Assistant Professor, Department  
of Physical Education, Sri Guru  
Tegh Bahadur Khalsa College  
University of Delhi, India

## Impact of twelve weeks S.A.Q. training protocol on systolic and diastolic blood pressure of footballers

**Chamkaur Singh**

### Abstract

In this Present study researcher has attempt to discover the impact of twelve weeks S.A.Q. Training protocol on systolic and diastolic blood pressure of Footballers. To check the impact of twelve weeks S.A.Q. Training protocol on selected variables of Footballers, total 20 all India Inter university male Footballers of Punjabi University Patiala were selected as subjects. The age of subjects was raging between 19 to 28 years and they were selected through purposive sampling technique. The investigator had selected systolic and diastolic blood pressure of Footballers as dependent variables for the present study. Further twelve 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, twelve weeks S.A.Q training put significant impacts on systolic and diastolic blood pressure of male Footballers.

**Keywords:** Twelve weeks S.A.Q. training protocol

### Introduction

Soccer is played and in addition delighted in by multitude number of individuals everywhere throughout the globe. This is a standout amongst the most perceived games Soccer has obtained ubiquity among the Indian masses with in a game time frame and is the prevalent and generally played Indian game. Despite the fact that the present day session of football had developed in Britain in its primitive from, it had without a doubt been played for a considerable length of time in different nations. Soccer is a game which calls for strenuous and persistent exciting activity and consequently, appeals to the young the world over. The skills involved in the game are basic, common but are profoundly fortifying and fulfilling to any individual who takes part in the game. The term S.A.Q. is derived from the 1st letters of together of the provisional Speed, agility & Quickness, by the term speed one usually gets the impression that we are speaking about speed in running events but speed also concerns many body parts and varies from one part to another. Speed refers to quickness of movements and one's ability to execute rapidly successive actions in a particular direction over a short period. According to Barrow and McGee (1971), speed is characterized as "one's capacity to perform progressive development of a similar example at a quick rate". Speed of muscle constriction is an acquired quality yet it can be enormously enhanced through preparing by legitimate procedures and by rehearsing fast developments and their appropriate coordination. Speed is incredibly influenced by one's age, height, weight, muscle viscosity, mechanical and basic components like length of appendages and adaptability of joints.

In this Present study researcher has attempt to discover the impact of twelve weeks S.A.Q. Training protocol on systolic and diastolic blood pressure of Footballers.

### Procedure and Methodology

#### Selection of Subjects

To check the impact of twelve weeks S.A.Q. Training protocol on systolic and diastolic blood pressure of Footballers, total 20 all India Inter university male Footballers of Punjabi University Patiala were selected as subjects. The age of subjects was raging between 19 to 28 years and they were selected through purposive sampling technique.

**Correspondence**

**Chamkaur Singh**

Assistant Professor, Department  
of Physical Education, Sri Guru  
Tegh Bahadur Khalsa College  
University of Delhi, India

**Selection of Variables**

The investigator had selected systolic and diastolic blood pressure of Footballers as dependent variables for the present study. Further twelve weeks S. A. Q training was elected as independent variable of the study.

**Data Collection**

To check the systolic and diastolic blood pressure of Footballers, Digital Automatic Blood Pressure Monitor 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**

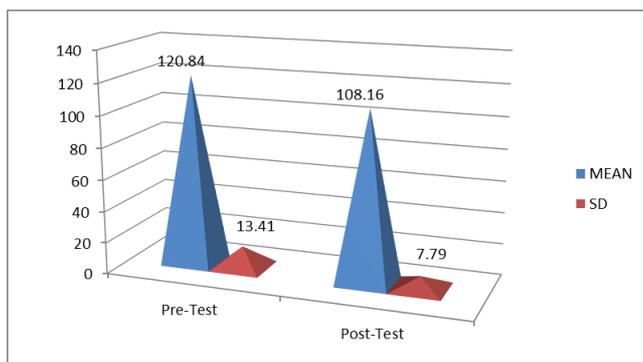
**Table 1:** Shows of Mean, SD and t-value for Pre and Post Test of blood pressure systolic variable of all India Inter university male Footballers

Physiological Variable	Experimental Group	Mean	Standard Deviation	t-value
blood pressure systolic	Pre-Test	120.84	13.41	5.53*
	Post-Test	108.16	7.79	

\*t<sub>0.05(18)</sub>=1.71

\*=Significant at 0.05

Table & figure no. 1 statistically shows that the Mean and Standard Deviation with regard to blood pressure systolic variable for pretest is 120.84 and 13.41 where as in case of posttest is 108.16 and 7.79 respectively. The calculated t value 5.53 for blood pressure systolic variable is more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and posttest for blood pressure systolic variable of all India Inter university male Footballers of Panjab University Chandigarh.



**Fig 1:** Shows Mean and SD values for Pre and Post Test of blood pressure systolic variable of all India Inter university male Footballers

**Table 2:** Shows Mean, SD and t-value for Pre and Post Test of blood pressure diastolic variable of all India Inter university male Footballers

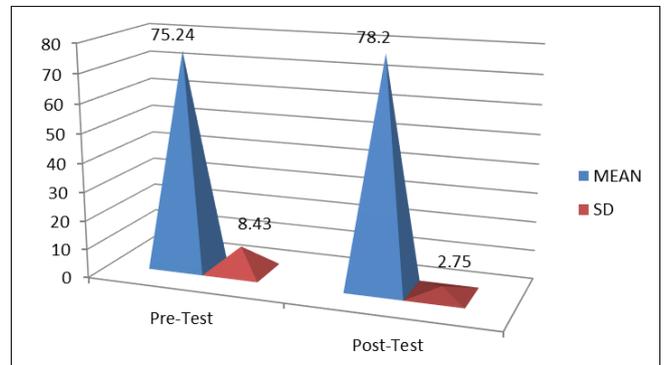
Physiological Variable	Experimental Group	Mean	Standard Deviation	t-value
blood pressure diastolic	Pre-Test	75.24	8.43	1.77*
	Post-Test	78.20	2.75	

\*t<sub>0.05(24)</sub>=1.71

\*=Significant at 0.05

Table & figure no. 2 statistically represents that the Mean and

Standard Deviation with regard to blood pressure diastolic variable for pretest is 76.24 and 8.43 where as in case of posttest is 79.20 and 2.75 respectively. The calculated t value 1.77 for blood pressure diastolic variable is more than the tabulated value that is 1.71. Hence, the value shows significant difference in pre and posttest for blood pressure diastolic variable of all India Inter university male Footballers of Punjab University Chandigarh.



**Fig 2:** Shows Mean and SD values for Pre and Post Test of blood pressure diastolic variable of all India Inter university male Footballers

**Conclusions**

Based on the results of the study the investigator has concluded that there was significant impact of twelve weeks S.A.Q training on blood presser variable of male Footballers.

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