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Effect of fartlek training on selected skill performance fitness component among Kho-Kho players

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Abstract

Background: Kho-Kho players need quickness, speed and perfect skills for obtaining better performance during the competitions. Players who have better speed are well performance's in it. Kho-Kho game need light weighted players who can run fast during the game. Players who are obese face lot of difficulties while playing Kho-Kho game. Speed is a natural instinct from birth to an individual. It can be achieved to some extent through the proper training. The aim of this study was to find out the effect of Fartlek training on selected Skill performance fitness component among Kho-Kho players of Physical College.

Materials and Methods: With the help of two assistants data was collected on 60 male students (Age 18 ± 25 years) before and after the six week training program. The subjects were divided into two groups, (30 in Experimental group and 30 in control group). Before starting the training the researcher prepares a six week training program. The instruction of training was given by researcher every day before starting the training. Purposive sampling method was used for collection of data. Only one variable of skill related fitness component was selected for collection of data, i.e., Speed and the test used for measuring speed of these players was 50mtr dash. The data was analysed using descriptive and t test.

Results: The mean value and standard deviation of Control and Experimental group (Pre-test) was 8.10 ± 0.66 & 8.02 ± 0.55 in relation to Speed. The mean value and standard deviation of Control and Experimental group (Post-test) was 8.08 ± 0.59 & 7.36 ± 0.38 respectively, in relation to Speed. Calculated t-ratio of control group was found 0.12, where as calculated t-ratio of experimental was found 5.59 in relation to Speed.

Conclusions: Significant effect of Fartlek training on selected Skill performance fitness component with respect to speed among Kho-Kho players of Physical College was found. Obtained "t" of experimental group was greater than the tabulated "t" (2.048). Hence hypothesis given earlier was accepted.

Keywords: Fartlek, Skill related fitness, Speed, Kho-Kho

Introduction

Kho-Kho is an Indian game originated from Pune Maharashtra a long back. This game is today played throughout the world. Today this game is popular and played throughout the world. Both male and female can play this game, but girls are more interesting than boys towards this game. In Kho-Kho game players needed to chase his opponents and to touch them. This chase needed stamina, speed and strength. The motor fitness components almost with minimum level are needed and required for every individual for their survival. Each player needed a particular fitness for his game/sport so that he can't face difficulties during the competitions. Players should concentrate on their fitness level related to their particular game. Kho-Kho players need quickness, speed and perfect skills for obtaining better performance during the competitions. This game not needed any equipment or material.

Players who have better speed are well performance's in Kho-Kho. This game need light weighted players who can run fast during the game. Players who are obese face lot of difficulties in it. They can't chase the opponents very well. So the first component which Kho-Kho players mainly needed is the speed. Speed is a natural instinct from birth to an individual. It can be achieved to some extent through the proper training. Kho-Kho players need speed as well as goof fitness, strength and stamina. Speed of a Kho-Kho player is the key element for his better performance through which he can easily chase down his opponents. Every game/sport needed special workout for better performance during the competitions. First attention of Kho-Kho players should be toward their speed. They should do the activities and

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workout related to their speed. They should also do activities/workout related to strength and stamina.

Material and methods

The researcher taken the sample comprised of Total 60 male Kho-Kho players (30 in Experimental group and 30 in control group) from Physical College Bhagwat University Ajmer. These subjects were selected through purposive sampling method and their age ranged between 18 to 25 years. For the presented study, modified tools were used for data collection

(Running track, Stop watch and lime). With the help of two assistants, data was collected at Physical College ground before and after the six week Fartlek training program. The researcher prepares a six week Fartlek training program before started his research work. The instruction of training was given by researcher every day before starting the training. Only one variable was selected for collection of data, i.e., 50mtr dash. The data was analysed by using descriptive and t test. Below in table 1 shows 6 week training program for the experimental group.

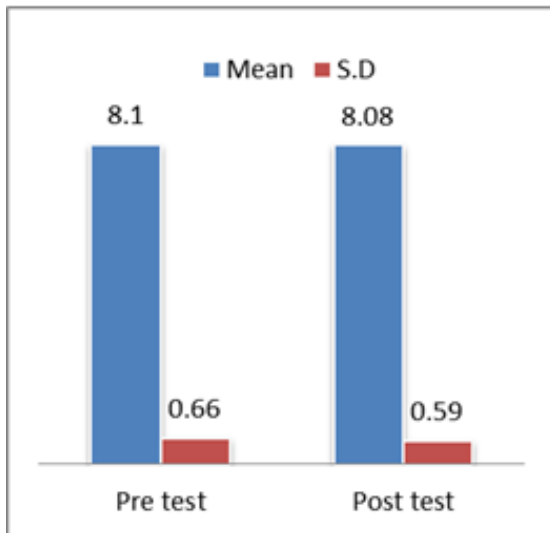
Table 1: Six week training program for the experimental group

Week	Sun (Easy run)	Mon	Tue (Track workout)	Wed (Easy run)	Thu (Tempo/Pace run)	Fri	Sat (Long run)
1	20 min	Rest	6x800 at PACE: R: 1 Min	30 min	20 Min TEMPO	Rest	10 Miles
2	25 min	Rest	3X1 Mile at PACE R: 90 sec	40 min	25 Min PACE	Rest	11 Miles
3	20 min	Rest	8x400 at TEMPO: R: 30 Sec	30 min	10 Min PACE 5 Min TEMPO	Rest	10 Miles
4	25 min	Rest	8x400 at PACE: R: 1 Min	40 min	25 Min TEMPO	Rest	12 Miles
5	25 min	Rest	3x1 Mile at PACE: R: 90 Sec	30 min	20 Min PACE	Rest	10 Miles
6	Race	Rest	4x400 DISCEND: R: 30 sec	20 min	10 Min PACE	Rest	12 Miles

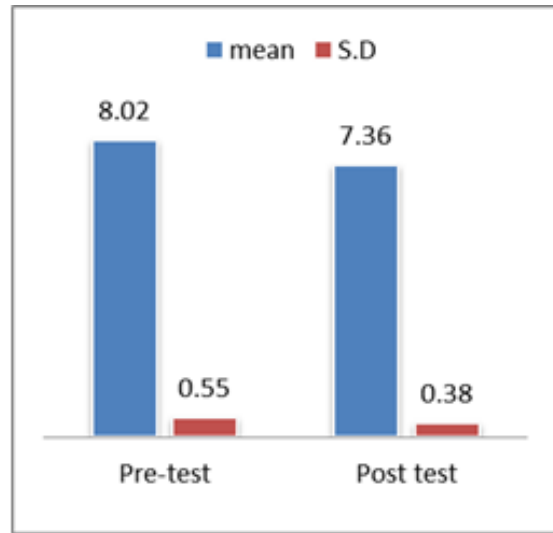
Results and findings

Table 2: Tabulated presentation of speed between control and experimental group

Variable	N	Group	Mean	S.D	S.V (0.05)	T-ratio	
Speed	30	Control Group	Pre-test	8.10	0.66	2.048	0.12
			Post test	8.08	0.59		
	30	Experimental Group	Pre-test	8.02	0.55	2.048	5.59
			Post test	7.36	0.38		



Graph 1: Pre-test and Post-test of control group



Graph 2: Pre and Post-test of Exp group

Above in table: 2, it was shown that the mean and standard deviation of Control and Experimental Group (Pre-test) was 8.10#0.66 & 8.02#0.55 in relation to Speed respectively. The mean value and standard deviation of Control and Experimental group (Post-test) was 8.08#0.59 & 7.36#0.38 respectively, in relation to Speed. Calculated t-ratio of control group was found 0.12, where as calculated t-ratio of experimental group was found 5.59 in relation to Speed. Obtained “t” Of experimental group was greater than the tabulated “t” (2.048). Significant effect of Fartlek training among experimental group in relation to speed was found.

Discussions

Study undertaken by researcher was, “Effect of Fartlek training on selected Skill performance fitness component among Kho-Kho players”. The subjects were chosen from Physical College Bhagwat University Ajmer. The age of them was ranged between 18 to 25 years. Purposive sampling method was used for collection of data and 50mtr Dash was used for measuring speed in this research. For this presented study, modified tools were used for data collection (Running track, Stop watch and lime). With the help of two assistants data was collected at Physical College ground before and after

the six week Fartlek training program. The researcher prepares a six week Fartlek training program before started his research work. The instruction of training was given by researcher every day before starting the training. The data was analysed using descriptive and t test. After statistical analysis, it was found that there was significant difference of speed between control and experimental group. Experimental group showed better performance in speed after training than control group. Hence the hypothesis given earlier was accepted.

Conclusion & recommendations

The result showed that significant effect of six week fartlek training was found in experimental group, while as control group was not given any training. Significant difference of speed between control and experimental group of Kho-Kho players was found. Hence the hypothesis given earlier was accepted.

The study may be repeated on large sample with different age groups. This study may also be repeated on female gender of Kho-Kho players.

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