

ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2020; 5(1): 160-162

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Received: 26-05-2020

Accepted: 05-07-2020

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## Effect of the resistance training programme on physical fitness performance of college male weight lifters

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### Abstract

The purpose of this investigation was to examine the muscular strength and muscular endurance using the resistance training exercise performance of college male weight lifters. The 50 male weight lifters age 19 to 23 years. Those are participate in intercollegiate tournament in Punjab University. The researcher use one group pre and posttest method. In this method after pretest we give us 20 week resistance training programme posttest will be taken. After collecting of pre and post test data analysis by the table and graph are compare with mean and SD and significance t-test result showed that Resistance training programme significantly improve muscular strength and muscular endurance. We conclude that resistance training programme is useful working to coaches innovative in this muscular strength and muscular endurance training programme is significantly improve the muscular strength and muscular endurance to college male weight lifters.

**Keywords:** Resistance training, physical fitness, weight lifter

### 1. Introduction

Success in sports depends heavily upon the player's muscular strength. Power is commonly conducted using lighter resistances that are performed explosively. To achieve the greater benefits from power training it should be performed at the beginning of an exercise session or on a separated training day. The best result are attained when a combination of heavy and light loads are implemented within the workout.

By performing heavy loads before light power exercises there is greater activation and preparation for maximal effort in the lighter load. The heavy resistance work gets the nervous system into full action so that more type LIB fibers are available for the explosive exercise. The use of heavy resistance exercises and lighter resistance exercise within a session has repeatedly been referred to as weight lifting exercise. The term weight lifting exercise refers to a workout that involves the use of exercise of contrasting loads that is, alternation heavy and light exercises set for set. Performing lighter resistance before the heavy resistances will be termed the traditional training method. Verkhoshansky and Tatyana examined if there was any significant difference in power development when manipulating the order in which exercises are conducted within a single training session. Although intense exercise results in potentiation of power performance and this was because of increased neuromuscular activity, the effect of several sets of a heavy loaded exercise on power performance, as in typical resistance session, has not been examined. The purpose of this investigation was "the effects of resistance training program on physical fitness performance of college male weight lifters"

In the recent decade, a decline in physical activity among college students has been evidenced (Sacheck *et al.*, 2010). Regular physical activity is an important part of a healthy lifestyle. It is associated with decreased risk of heart disease, obesity, and related to psychological well-being with lower levels of stress and better cognitive functioning (Shaw *et al.*, 2004; Coyle 2009; Pertruzelo *et al.*, 1991; Crews and Landers 1987; Etnier *et al.*, 1997). Recent studies indicate that college student population does not participate in moderate or vigorous physical activity. There is an alarming decline in physical activity among college students compared with those in high school (Bray and Born 2004). In addition there have been several publications in recent years reporting on the quantity of physical activity performed by college students.

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Further, weight training exercises showed multiple physiological benefits for youth which may provide enjoyment and positive attitude toward lifetime physical activity and may promote adherence to regular exercise among children and adolescents (Sothorn *et al.*, 1999; Hunter, Bamman & Hester 2000). Hence the researcher has undertaken this study to see the effect of the Resistance training program on Physical Fitness performance of college male weight lifters.

**2. Methodology**

For this study researcher take 50 male students of college weight lifters and age ranging between 19 to 23 years were taken randomly selected from various colleges in Punjab University as the subject for this study. All the subjects were clinically normal and all facility will be equal and diet will be similar.

Muscular Strength will be measure by Standing Broad Jump and Muscular Endurance will be measure by Bent Knee Sit Ups. Muscular Power will be measure by Sargent Jump.

**Experimental Designee:** In this study One Group pre and post test method used. One group participated in this study. Experimental group the average of their height and weight as well as some of their physical abilities should be similar, selection was done only after conducting one week pilot study.

**Training/Treatment:** After the initial measurements, the traditional method training group practiced resistance exercises training Experimental one group trained for 20 weeks, 06 days per week.

The exercise training workout comprised of 03 set of resistance exercises. E.g.: Squats. All the subjects performed twelve repetition maximum of the exercise before they were fatigued. The subjects in the exercise training group performed five resistance exercise: Squats, bench press, barbell lunge, lat pull down and abdominal crunches. In this training program the players completed 03 set with 12 repetitions of weights exercise with a recovery of 60 second/sets. This was followed by a 45 second rest.

**3. Statically Analysis**

After the collection of data analysis with the graph and table to compare the pre and post test of selected Physical fitness variables college weight lifters of Punjab university players independent samples ‘t’ test was used and significance of hypothesis was tested at 5% Level. All statistical analyses were conducted using SPSSv10.

The result between the Pretest before the training treatment and Post test after training test of Mean and standard deviation of Muscular Strength Shown in table 01 and Graph 01.

**Table 1:** Muscular Strength Shown

Test	Mean	SD	t test	.05*
Pre test	5.14	0.36	2.96	2
Post test	7.6	0.44		

and the significance t test of Muscular Strength. Table no 01 shown that our calculation t test of 2.96 is greater than the need for significance at 0.05 level table value 2. So we conclude that there is significance difference between pretest and post test men.

Muscular endurance mean, SD Pre test and post test mean difference shown in table No -2 and graph No – 2.

**Table 2:** SD Pre test and post test mean difference shown

Test	Mean	Sd	t test	.05*
Pretest	13.32	0.94	2.18	2
Posttest	27.8	1.05		

Table No 2 and Graph no 2 Shown that Pretest mean 13.32 is smaller than Post test mean 27.8 and the t test calculated value 2.18 is greater than significance value 2 so the there is significance difference between pretest and posttest.

Muscular Power Pre and Post test Mean difference Table NO-3 and |Graph NO -3.

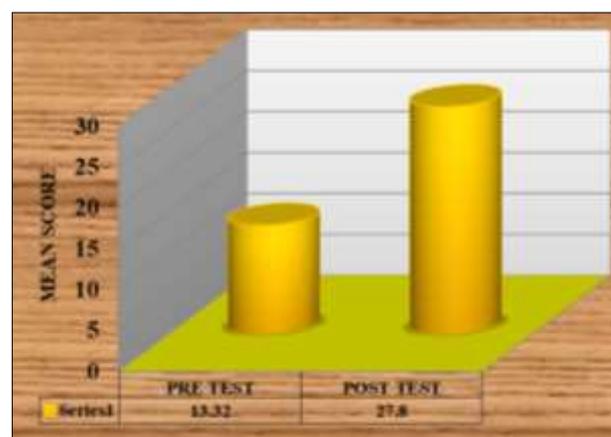
**Table 3:** Muscular Power Pre and Post test Mean

Test	Mean	Sd
Pretest	6.08	0.78
Posttest	11.78	1.73

Table No 3 and Graph no 3 Shown that Pretest mean 13.32 is smaller than Post test mean 27.8 and the t test calculated value 2.18 is greater than significance value 2 so the three is significance difference between pretest and posttest.



**Chart 1:** Muscular Strength Pre & Post Test Mean



**Chart 2:** BKSU Pre & Post Test Mean

**4. Conclusion**

Within the limitation of the present study, the following conclusion were drawn:

- There was the significance difference between the pretest (Before the resistance training prorammm treatment) and Posttest (After the resistance training program treatment)
- There was significantly improve on selected Physical fitness program such as Muscular Strength, Muscular Endurance, and Muscular power on the college male weight lifters.

Resistance training program is improve the physical fitness performance on college male weight lifters.

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