



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2023; 8(1): 309-311

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www.theyogicjournal.com

Received: 15-05-2023

Accepted: 16-06-2023

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The analytical study on the athletic power through specific training program

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Abstract

Athletic power is an essential component of physical fitness. Athletic power measurement as expressed in terms of distance through which the body of an object is propelled in the space. The purpose of the study is to test the improvement of the athletic power of rural and urban students after 8 weeks specific training program. The subject was randomly selected, age group of 18-21 years. Total subjects were 80. They were divided into two groups. One is experimental and one is control. The athletic power was measured by standing, broad jump. For statistical analysis 't' test was used and level of significant was determined at 0.05 level. The athletic power of rural students was more improved in comparison to urban students after participating in specific training program.

Keywords: Athletic power, specific training program, rural and urban

Introduction

Physical exercises are principal means of training. Without physical exercise the sports training cannot lead to improvement in sports performance. Physical exercise has a direct effect on performance capacity. Exercises are used to prevent injury to improve performance and psychological preparation for any kind of physical activity. Fitness can be described as a condition that helps us for better look, pleasant feel and do our best. According to Nixon - "physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without under tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him". Athletic power measurement, as expressed in terms of distance to which the body of an object is propelled in the space. Those tests involve a both force and velocity. Other factors also influence testing results. But force and velocity are not measured as such, the major is based on the distance in athletic power measurement. The researcher had taken a standard test of standing broad jump for athletic power to develop and urban students.

Methodology

The total subjects of this study for 80 on student for the study physical education department B.V.R.I, Bichpuri agra. Age group ranging 18-21 years of 40 students from rural areas and the same from urban areas had been randomly selected of the study.

Criteria measured

The personal data age, height and weight were measured by date of birth certificate, stadiometer and weighing machine. Athletic power measured by standing broad jump. In this test the total distance was measured in metre for each of them.

Practice schedule

Period of treatment were 8 weeks and each group practiced Athletic specific program three days in a week and duration was 1 hour per day.

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Weekly specific training program schedule

Day	Duration	Procedure
Monday	20 Min	Warm up with jogging, loosening exercise. Striding, stretching, exercise, wind sprint
	40 Min	1. Run - 100m. =3 2. Sit up - 50 times =3 3. Shuttle Run - 20m x 3 4. Run with weighty jacket - 50m x 3
Wednesday	20 Min	Warm up with jogging, loosening exercise. Striding, stretching, exercise, wind sprint
	40 Min	1. Walking 8 Running - 200m x 3 2. Shuttle Run - 20m. x 3 3. Jig Jag - 50m. x 3 4. Hoff Step Jump - 10 times x 3 5. Sit up - 50 times x 2
Friday	20 Min	Warm up with jogging, loosening exercise. Striding, stretching, exercise, wind sprint
	40 Min	1. Shuttle Run - 20m. x 3 day 2. Jumping on ground - 20 times x 3 3. Run with weighty jacket - 50m. x 3 4. Hoff Step Jump - 10 limes x 3 5. Sit ups - 50 times x 2

Note: 15 minute cool down after each session

Finding and Results

Table 1: Comparison of athletic power of experimental and control group pre test

	Experimental Pre test Mean ± SD	Control Pre Test Mean ± SD	Obtained ‘t’ Value
Rural	2.01 ± 0.17	2.00 ± 0.16	0.17
Urban	1.93 ± 0.17	1.90 ± 0.18	0.18

* Significant at 0.05 level of significance.

From table 1 it was observed that the mean ± SD of the score of athletic power of 18-21 years expt, pre-test and control pre-test of rural students were 2.02 ± 0.17 & 2.01 ± 0.17

respectively. And that of urban students were 1.94 ± 0.17 & 1.93 ± 0.17 respectively. Both the t values were not significant.

Table 2: Comparison of athletic power of experimental control group post test

	Experimental Pre-test Mean ± SD	Control Pre Test Mean ± SD	Obtained ‘t’ Value
Rural	2.10 ± 0.18	2.00 ± 0.18	1.73
Urban	2.02 ± 0.18	1.93 ± 0.17	2.12

*Significant at 0.05 level of significance

Table 2 indicate that the mean ± SD score of athletic power of 18-21 years expt, post-test and control post-test of rural students were 2.12 ± 0.18 & 2.02 ± 0.18 respectively. The t value for rural students was 1.74 which was not significant.

The mean ± SD score of athletic power of 18-21 years expt, post-test and control post-test of urban students were 2.04 ± 0.18 & 1.92 ± 0.17 respectively. The t value of urban students was 2.13 which was significant at 0.05 level.

Table 3: Comparison of athletic power of experimental pre test and experimental post test

	Experimental Pre-test Mean ± SD	Control Pre Test Mean ± SD	Obtained ‘t’ Value
Rural	2.02 ± 0.17	2.12 ± 0.18	1.75
Urban	1.94 ± 0.17	2.4 ± 0.18	1.76

*Significant at 0.05 level of significance.

It was observed from table 3 that the mean ± SD score of athletic power of 18-21 years expt, pre-test and expt. Post-test of rural students were 2.02 ± 0.17 & 2.12 ± 0.18 respectively and that of urban students were 1.94 ± 0.17 and 2.04 ± 0.18

respectively. The t values of rural students and urban students were 1.75 and 1.76 both were not significant. Improvement occurred in rural students and urban students were 4.95% and 5.15% respectively.

Table 4: Comparison of athletic power of experimental post test

Expt. Post Test		SE _D	Obtained ‘V’ value
Rural Mean ± SD	Urban Mean ± SD		
2.12 ± 0.18	2.04 ± 0.18	0.05	1.93

*Significant at 0.05 level of significance

It was observed from table 4 that the mean \pm SD score of athletic power of 18-21 years expt, post-test rural & urban students were 2.12 ± 0.18 & 2.04 ± 0.18 and t value was 1.93 which was not significant. It was indicated that expt. Post-test mean scores of 18-21 years rural students were higher than that of urban students. Which implies better athletic power of rural students better than urban students.

After 8 weeks of specific training program the athletic power was increased of 18-21 years students at 0.01 and 0.05 level of significance. Richard (1964), Lamb (1978). Wealtman *et al.* (1986) & Housh et at. (1988) found improvement in vertical jump performance following training.

Conclusion

1. The athletic powers of 18-21 years rural and urban students were improved through the participation in specific training program.
2. The athletic power of 18-21 years rural student was more improved in comparison to that of urban students' group after participating in specific training program.

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