



EFFECT OF SAQ TRAINING PROGRAMME ON SELECTED PHYSICAL FITNESS VARIABLE OF SCHOOL LEVEL BASKETBALL PLAYERS

Dr.Sakpal Hoovanna

Associate Professor, Department of Studies in Physical Education and Sports Sciences, Karnataka State Akkamahadevi women's University, Vijayapura, Karnataka.

Abstract

The present study was undertaken to study the Effect of SAQ training program on selected physical fitness variable of school level basketball players. Sixty (60) school level basketball players aged between 14-17 years will randomly be selected from V.B Darbar High school Vijayapura, Karnataka, India. The subjects were randomly divided in two groups as group A (SAQ training group), and group B (control group). After the pre-test with Physical fitness test Experiment Group-A underwent a training SAQ Programme of selected exercise, whereas the Control group did not participate in any training program. Group A has gone under SAQ training program for 60 minutes three times a week except Sunday for duration of 8 weeks. Post data was collected after 8 weeks of experimental period. The t-test was applied at 0.05 level of significance was done by using test. It may be concluded that SAQ training program was significantly better than control group for co-ordination is significant difference was found between Experimental group and control group.

Keywords: SAQ training, Physical fitness, Co-ordination, Basketball Players.

Introduction

Basketball is becoming a game that revolves around athleticism, and if athletes of a team are not fit it is going to be difficult to get on the floor. Therefore athletes need to dedicate time and add speed and quickness workouts to basketball training. Basketball requires tremendous endurance, speed, agility, and power (Siegler et al., 2003). Basketball is an extremely dynamic sport that requires movements in multiple planes of motion as well as rapid transitions from jogging to sprinting to jumping. The ability to quickly elude defenders, rapidly decelerate to take a jump shot, or explosively jump up to grab a rebound are all skills required to effectively play the sport. It is equally important for the athlete to be able to perform these skills in a variety of directions and in a controlled manner to ensure injuries do not ensue (Young WB, 2001). The importance of developing good conditioning programs based on the specific physiological demands of each sport is considered a key factor to success (Gillam, 1985; Taylor, 2003). Speed, agility, and quickness (S.A.Q.) training has become a popular way to train athletes. Whether they are school children on a basketball field or professional in a training camp, they can all benefit from speed, agility, and quickness training.

The basketball agility drills will improve the speed around the court, quickness, co-ordination and most importantly r ability to change direction with minimal deceleration. The circuit is completed the exercises performed after over at all stations. Moreover, the high intensity movements of basketball players are closely related to the development of strength, speed and agility (Hedrick, 1993; Castagna et al., 2007). Explosive strength, take-off power, speed, and agility are abilities that make an important contribution to efficient movement with and without the ball, thus play an important role in basketball technique and tactics (Erculj et al., 2010). The basketball player needs to train multiple components of fitness. Thus, the athlete will concurrently perform various modes of training (e.g., strength, anaerobic, endurance).



Objectives of the study

The purpose of the study was to know the Effect of SAQ Training Programme on Selected Physical fitness variable of School level Basketball Players.

Methodology

Thirty (30) school level basketball players aged between 14-17 years were randomly selected from V.B Darbar High school Vijayapura, Karnataka, India. The subjects were randomly divided in two groups as group A (SAQ training group) and group B (control group). After the pre-test with Physical fitness test Experiment Group-A underwent a training SAQ program of selected exercise. Whereas the Control group did not participate in any training program. Group A has gone under SAQ training for 60 minutes three times a week except Sunday for duration of 8 weeks. Post data was collected after 8 weeks of experimental period. The following criterion measures were chosen for testing hypothesis. Co-ordination Test was used for measuring Standing balance Test of subjects and performance was recorded in seconds. The leg Co-ordination was measured by Standing Balance Test and performance was recorded in seconds.

Table I: Criterion Measures Co-ordination Variables

Variables	Test Items	Unit of Measurement
Co-ordination	Standing Balance Test	In Seconds

Training Procedure

For SAQ group underwent their training programme as three days per week for eight weeks. Training was given in the evening session. The training session includes warming up and cool down. Every day the workout lasted for 60 minutes approximately. The subjects underwent their training programmes as per the schedules such as side to side ankle hops, double leg hops, split jumps, lateral cone hops and single leg bounding under the strict supervision of the investigator. During experimental period control group did not participate in any of the special training.

Analysis of the data

In the present study applied descriptive statistics for analyzing the data. In which the calculated mean, S.D. and comparative analysis (t-test) were done to analyze the data with the help of MS Excel 2007.

Discussion

Table Comparison of Mean, and 't'-Values of Co-ordination between Pre & Post Test among SAQ training and Control Groups

Variable	Groups	Test	N	Mean	SD	t- Value
Co-ordination	Experimental Group	Pre-test	15	12.06	1.907	4.92*
		Post-test	15	15.80	2.782	
	Control Group	Pre-test	15	13.06	.961	1.46
		Post-test	15	12.93	1.032	

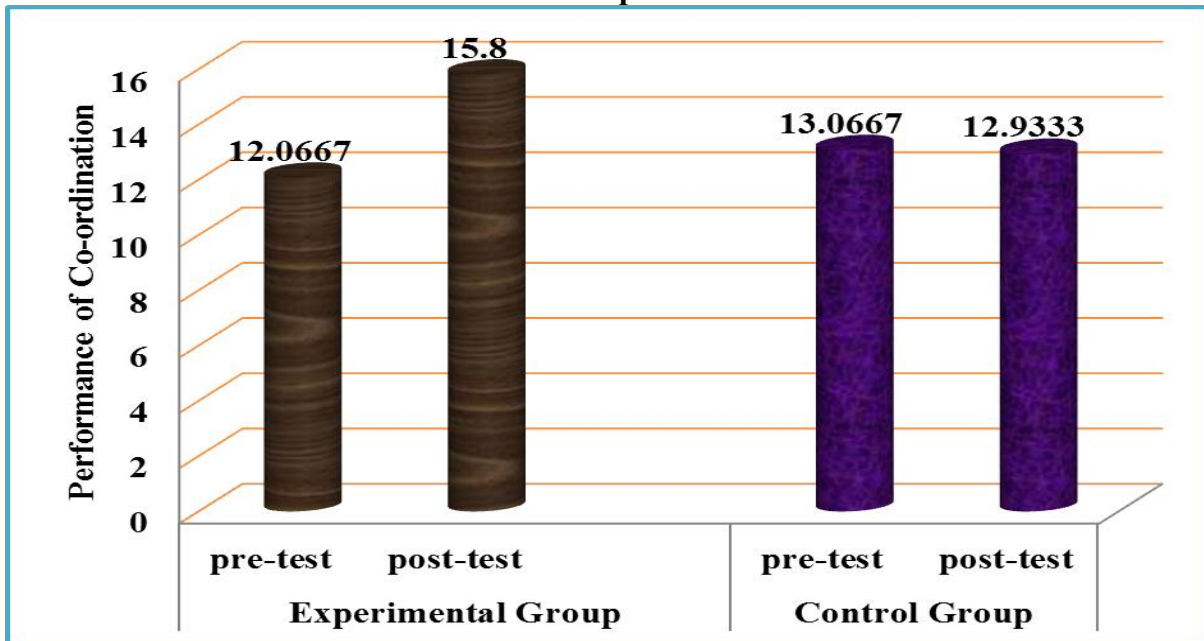
*The level of significant 0.05=Table value 2.262.

Table demonstrates the mean of Co-ordination of pre-test of Experimental group was 12.06 and post-test of Experimental group was 15.80, while mean of Co-ordination of pre-test of control group was



13.06 and post-test of Control group was 12.93 in scores. The t-value of experimental group and control group was 4.92* and 1.46 respectively. After analyzing data, results reveals an extremely significant difference between pre-test and post-test of experimental group but significant difference found between pre-test and post-test of control group.

Figure the Pre-test and Post–test for SAQ training Experimental Group and Control Group on Co-ordination performance.



The above figure indicates that the post test values of Experimental group significantly improved the performance of Co-ordination and also the post-test values of Co-ordination were more than the pre-test values due to 8 weeks of SAQ training. The Control group pre- test and post- test performance of Co-ordination shows no improvement.

Discussion on Finding

The results of the study indicated that the Co-ordination were improved significantly after undergoing SAQ training. The changes in the Co-ordination were attributed the proper planning, preparation and execution of the training package given to the players.

Conclusions

The results of the present study indicate the influence of SAQ training programme on Co-ordination among school level basketball players. In the experimental group the selected variables were significantly improved in the teach us that SAQ training is useful to everyone in particularly sports persons to achieve the higher performance level because the selected variables in the study were more related to the sports men too. Further the control group post test means score indicates that the SAQ training not improvement.



References

1. Annesi J, Westcott W, Faigenbaum A, Unruh J. Effects of a 12 week physical activity protocol delivered by YMCA after-school counselors (Youth Fit for Life) on fitness and self-efficacy changes in 5–12 year old boys and girls. *Research Q Exercise Sport*. 2005; 76:468-476.
2. Amir S., Imran A, dan Rahma D,. 2018. Design and Development of Speed Light SAQ Lighting ang Training Equipment Digital Lighting Digitalization Based on Infrared Motion Sensor, *International Journal of Sport Science and Research (IJSR)* ISSN: 2319-7064. Vol 7 Issue 9, September 2018.
3. Castagna CV, Manzi S, Ottavio G, Annino E, Padua, Bishop D. Relation between maximal aerobic power and the ability to repeat sprints in young basketball players. *Journal of Strength and Conditioning*. 2007; 21(4):1172-1176.
4. Dorgo S, King GA, Candelaria NG, Bader JO, Brickey GD, Adams CE. Effects of manual resistance training on fitness in adolescents. *J Strength Cond Res*. 2009; 23:2287-2294.
5. Gillam G. Physiological basis of basketball bioenergetics. *NSCA Journal*. 1985; 6:44-71.
6. Ignico AA, Mahon AD. The effects of a physical fitness program on low-fit children. *Research Q Exercise Sport*. 1995; 66:85-90.
7. Johnson, P. and Bujjibabu, M. 2012. Effect of Plyometric and Speed Agility and Quickness (SAQ) on Speed and Agility of Male Football Players. *Asian Journal of Physical Education and Computer Science in Sport*. Volume. 7 No.1 pp 26-30.