



INFLUENCES OF WEIGHT TRAINING ON CO-ORDINATION OF ATHLETES

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Abstract

The purpose of the study was to find out the "Influences of Weight Training on Co-Ordination of Athletes". Twenty male Athletes subjects aged between 14 to 16 years were selected randomly. They were divided into two groups the experimental group I was given Weight Training for five weeks and control group was not allowed to participate in any training programme. Pre-test was conducted dependent variables such as Co-ordination at the beginning before the experimental treatment and post-test was taken after the experimental treatment. The data were analyzed by applying dependent mean and 't' test. The results revealed that the Weight Training had significantly developed the Co-ordination..

Keywords: Weight Training, Co-ordination, Male Athletes.

Introduction

Weight training is a very important aspect of sports training or physical body training and everybody is aware of their effects on the body's muscles and tendons. Many researchers and analysts also believe that weight training with the right cardio exercises is known to reduce and control hypertension and supports the cardio vascular health functions of the body. The greatest benefit of weight training on the body is the creation of lean body mass, which helps burning calories.

This lean body mass is normally formed out of body fat. Weight training also improves the body's sugar usage and thus helps maintain the blood sugar levels. Weight training is also responsible from maintaining and reducing the blood pressure levels of the body, thus further helping to reduce a person's hypertensions. Studies have further shown that weight training if done accurately and periodically increases stamina, cardio vascular strength and endurance levels. Weight training also greatly reduces the risk of stroke and cardio vascular heart diseases. Weight training has to be performed in the presence of trained professionals and only with certified equipment.

The weight training is the training of doing exercise with the help of the barbell apparatus to increase the strength. General weight training is to increase the strength and the power through general exercises. Specific weight training is to develop specific strength of an event or a specific game. According to the season, the volume and intensity of weight training also change. Weight training is the most widely used and popular method of increasing strength and power.

The advantages of such programs involve increasing muscle strength, local power and endurance of muscles, reduced injuries in sport and recreational activities, improved performance in sport and recreational activities, muscle hypertrophy, favorable improvement in body composition, reduced blood lipids, reduced blood pressure, and improved cardio respiratory performance (Ebrahim & Koozechian, 2006 & Baechle, 1994). Weight training is the quickest and most positive way to quick results as it is the best known way of gaining strength and power (Thomas, 1965).



Hypothesis

- It was hypothesized that there would be a significant improvement between pre and post-test due to 5 weeks of Weight Training on Co-ordination of Athletes.
- It was hypothesized that there would not be a significant improvement between pre and post-test for control group on Co-ordination of Athletes.
- It was hypothesized that there would be a significant difference between experimental and control group on Co-ordination of Athletes.

Delimitations

- The following delimitations are considered in this study. 20 Athletes were selected randomly.
- The experimental group was given Weight Training for a period of Five weeks.
- The subject's age group ranged from 14-16 years.
- The study was restricted to Co-ordination of Athletes.

Methodology

The purpose of the study was to find out the “Influences of Weight Training on Co-ordination of Athletes”. To achieve the purpose of the study 20 male Athletes subject in the age group 14 to 16 years were selected at random from D.Y.S. Hostel in Vijayapura District of Karnataka. Selected subjects were divided in to two groups of experimental I and control group II. Experimental group I, Weight training group for the training period Five weeks Six day per week. The control group were maintained their daily routine activities and no special training was given.

Selection of Variables

Weight training

- Bench Press
- Military Press
- Biceps Curl
- Half Squat
- Leg press
- Leg Curl
- Abdominal Curl
- Cable Crossover
- Standing Calf Raise
- Inclined sit ups

Analysis and Interpretation of Data

The purpose of the study was to find out “Influences of Weight Training on Co-ordination of Athletes”. To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the table.



Table 1: Showing the Pre-test and Post-test for Co-ordination performance

Variable	Group	Test	Mean	SD	t- Value
Co-ordination	Experimental Group	Pre-test	25.2000	7.05286	5.141*
		Post-test	39.9333	10.29193	
	Control Group	Pre-test	19.6000	5.60357	1.87
		Post-test	19.4000	5.39577	

The level of significant 0.05=Table value =1.96

Table 1 Shows that the experimental group's mean performance value of Co-ordination of pre-test is 25.2000 and the post test is 39.9333 the post-test Co-ordination performance is more than pre-test Co-ordination performance and also the 't'- value is more than the table value. Hence it indicates significant developed of Co-ordination. The control group's mean performance value of pre and post-test values are 19.6000 and 19.4000 respectively. The't'- value is less than the table value. Hence the pre and post-test values indicate insignificant.

Figure No.1.The Pre-test and Post-test for Weight training Experimental Group and Control Group on Co-ordination performance.

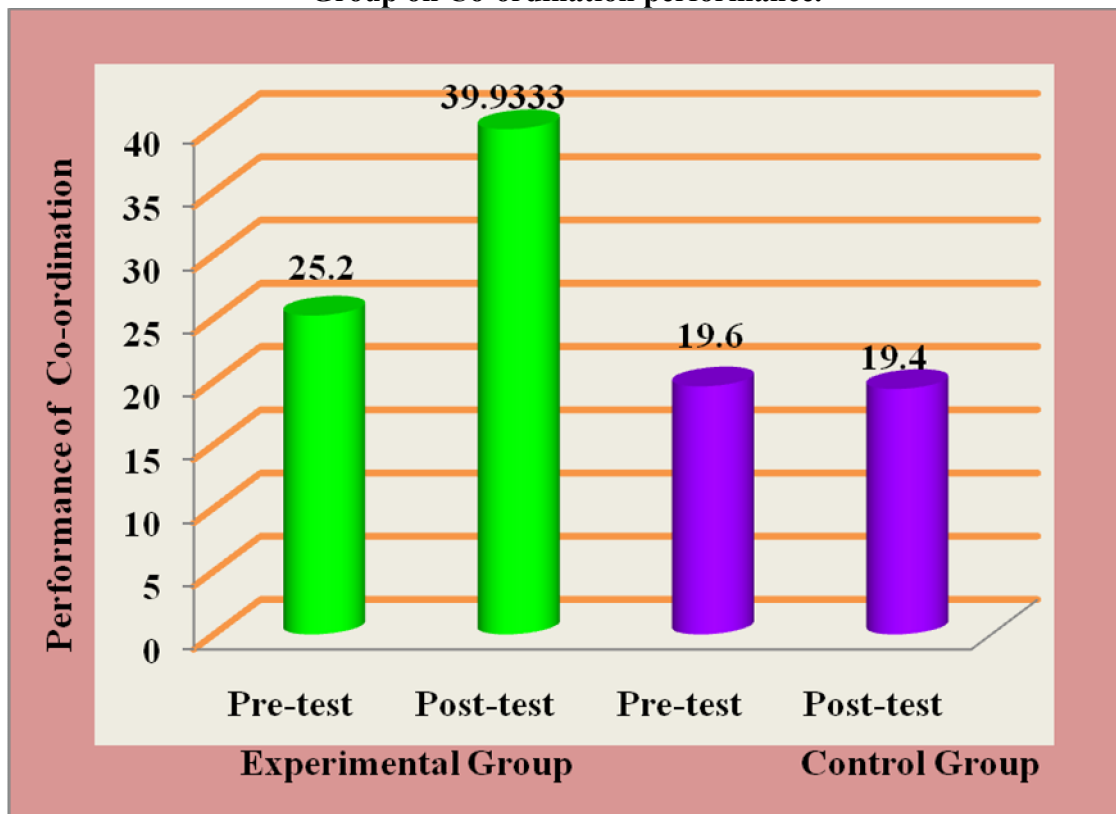


Figure1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Co-ordination and also the post-test values of Co-ordination were more than the pre test values due to Five weeks of Weight training. The Control group pre- test and post- test performance of Co-ordination shows no improvement.



Summary

The purpose of this study was to find out the “Influences of Weight Training on Co-ordination of Athletes”. To achieve this purpose 5 weeks Weight training was given to selected Athletes. To know the Weight training developed Co-ordination performance.

Conclusion

The Weight Training group had shown significant improvement in Co-ordination of Athletes. The control group had not shown any significant changes on Co-ordination variable.

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