

A study of effect of weight training on the performance of free style swimmers

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■ **ABSTRACT**

To study the effect of weight training on the performance of free style swimmers was the aim of the present study. For this purpose 30 male students of Shri C.P.Degree College of Physical Education, Rajpipla, Gujarat. studying in B.P.E. Course were selected. There age was between 18-22 years. The subjects were randomly divided into two groups of 15 each. Researcher selected one group as Experimental group and the other control group. The experimental group underwent weight training of 8 weeks. Student's t-test for independent data was used to assess the differences between-group. The level of $p=0.05$ was considered significant. The results of the study showed positive effects of weight training.

■ **Key Words :** Weight Training, Free style swimming

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