

Research Paper :

Effect of extensive and intensive training methods on physical fitness of volleyball players

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ABSTRACT

Thirty six male Secondary and Senior Secondary School volleyball players of Muzaffarnagar District who have opted physical education as an elective subject were selected to achieve the purpose of this study and placed in three groups *i.e.* extensive, intensive and control groups. The average age of the subjects was 14.714 to 15.153 years. Pre-test was conducted for selected variables with the help of standard equipments after that extensive training method to extensive group and intensive training methods to intensive group and no training to control group were administered for 12 week in the evening session from 4 to 6 pm daily and then second post-test was conducted for the same variables with the help of same equipments. Based on obtained data from both the tests and on the bases of statistical calculations, it was concluded that both the training methods had significant improvement in the component of physical fitness of volleyball players.

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Since long trainers have been using various training methods in their training programmes. Training methods are thought to be useful and beneficial for every sportsman in different phases of training. Investigator has realized its need and importance in his career and taken it as a research project because it affects all the stated variable of physical fitness. It has been observed and reported by so many researchers that following appropriate training method, it improves the physical fitness and its variable of sportsmen but adopting appropriate and regular training, method fulfils the demanded positive health and the level of selected variables of the players of any country which can be helpful in increasing the level of performance of any sportsperson. Investigator has realized its importance as a sportsman. Components of physical fitness are height, weight, strength, muscular endurance on abdominal and shoulder joint, flexibility on back arch and trunk joint and aerobic capacity VO_2 max etc.

METHODOLOGY

Appropriate research methodology was involved for the systematic procedure by which the research started from the initial identification of the problem to its final

conclusion. The procedures and methods were applied in selection of subjects. Experimental design, selection of variables, selection of test items, reliability of the data, orientation of subjects, administration of training programmes and tests, collection of data and statistical procedure were taken into consideration in this study. 36 male Secondary and Senior Secondary School volleyball players of Muzaffarnagar District, who have opted physical education as an elective subject, were selected to achieve the purpose of this study and placed in three groups *i.e.* extensive, intensive and control groups. The average age of the subjects was 14.714 to 15.153 years. Pre-test was conducted for selected variables with the help of standard equipments after that extensive training method to extensive group and intensive training methods to intensive group and no training to control group were administered for 12 weeks in the evening session from 4 to 6 pm daily and then second post-test was conducted for the same variables with the help of the same equipments.

The statistical calculations of the results obtained from both the extensive and intensive training methods before and after training programme, on the collection of data and discussion of results findings are presented. The