

Effect of warming up on the human body of sportsmen and women

SAMEY SINGH

Received : July, 2011; Revised : August, 2011; Accepted : September, 2011

ABSTRACT

For this study 40 RKM, B.P.Ed. students of 2008-09 were selected randomly which were put in two groups *i.e.* for men and women. The average age of the subjects was 30 years. Pre-test was conducted for selected variables *i.e.* pulse rate, lung capacity, level of Haemoglobin, level of blood cholesterol and Alfa E.E.G. with the help of standard equipments after that 40 minutes warming up activity was administered for eight week in the early morning from 5 am onward and then second post-test was conducted for the same variables with the help of same equipments. The data from both the tests were analysed on the bases of statistical calculations. The conclusion of statistical t-test was found that 40 minutes regular warming up activity decreased the level of blood cholesterol, rate of nerve impulses became normal, lung capacity increased or inhaling capacity of lungs increased and level of haemoglobin and Alfa EEG increased, in the sportsmen and women.

Correspondence to:

SAMEY SINGH

Teerthankar Mahaveer College
of Physical Education
(TMU), MORADABAD
(U.P.) INDIA

Singh, Samey (2011). Effect of warming up on the human body of sportsmen and women. *Internat. J. Phy. Edu.*, 4(1) : 135-138.

Key words : Pulse rate, Lungs capacity, Level of haemoglobin, Level of blood cholesterol, Alfa E.E.G.

It has been observed and reported by so many researchers that following regular warming up physical activity/exercise improves the physiological variable of sportsmen or women but adopting appropriate and regular warming up in their training method fulfils the demanded positive health and level of physiological selected variables of the players of any country which is helpful in increasing level of performance of any sportsperson and also helpful in avoiding sports injuries. Investigator has realized its importance as a sportsman. Means used in this study were all types of walking, jogging, running, rotation on all the joints and starching exercise and 40m hollow sprint. Principle of exercises or activities were used walking-jogging-running and running-jogging-walking and pulse rate were maintained from 120 to 180 or 180 to 120 b/m and exercise used from toe to head or head to toe because muscles have attachment one joint to other. Physiological components such as Pulse rate, Lungs capacity, Haemoglobin level, Blood cholesterol level and Alfa E E G Level etc. have considerably importance not only in their physiological level but also bio-chemical development of the sportsmen and women.

Warming up is the processes through which human mechanism is brought to certain condition at which nerve impulses of the athlete can serve more quickly and efficiently.

A warm up is usually performed before participating in technical sports or exercising. A warm-up generally

consists of a gradual increase in intensity in physical activity (pulse raiser), a joint mobility exercise, stretching and sports related activity.

Warming up is the sole source of physiological development of the human beings. It is also known as the means and method of acquiring the ability to engage in tasks demanding sustained physical efforts. There is a direct relationship between systematic warming up and performance. The purpose of the present study was to calculate the effect of warming up on the selected variable of physiological fitness of the players. This study may be as an important and essential aid to the coaches and physical educationists to administer warming up activity before going into the main training task.

METHODOLOGY

Sample:

To achieve the above objective, 40 men and women players were selected from B.P.Ed class of RKM Physical Training College, Moradabad during the academic session or year 2008-09. Physiological variables and test items Pulse rate-taken with the help of stop watch and monometer, Lungs capacity-measured with the help of Spiro-meter and haemoglobin Level-haemo-meter, blood cholesterol Level-bio-chemical devise and Alfa E.E.G Level- Alfa EEG biofeedback technique were used for collecting the required data for the present research.