

## Effect of specific exercise programme on selected physical fitness variables among volleyball players

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Received : 27.09.2012; Revised : 10.02.2013; Accepted : 09.03.2013

**Research** Article

## ■ ABSTRACT

The purpose of the study was to find out the effect of specific exercise programme on selected physical fitness variables among volleyball players. To achieve this purpose of the study, thirty women volleyball players were selected from the Department of Physical Education, Desh Bhagat College, Bardwal, Punjab. The age of the subjects were between 19 and 25 years. They were divided into two equal groups of fifteen each, Group I underwent specific exercise programme and Group II acted as control that did not participate in any special training apart from their regular curricular activities. The subjects were tested on selected criterion variables such as speed and explosive power prior to and immediately after the training period. The selected criterion variable such as speed was measured by 50 yards dash and explosive power was measured by vertical jump, respectively. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental and control groups on selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. The result of the present study has revealed that there was a significant difference among the experimental and control groups on speed and explosive power.

■ Key Words : Exercise programme, Physical fitness, Variables, Vollayball

**How to cite this paper :** Shelvam, P.V., Singh, Jaskaran and Kumar, Balwinder (2013). Effect of specific exercise programme on selected physical fitness variables among volleyball players. *Internat. J. Phy. Edu.*, 6 (1) : 11-13.

Fitness is a state which characterise the degree to which a person is able to function. Ability to function depends upon the physical, mental, emotional, social and spiritual components of fitness all of which is relative to each often and is mutually independent. Fitness is a term synonym to health in a limited manner. Fitness denotes different factors of health. The term fitness is the capacity of the individual to live and function effectively and purposefully.

Fitness is a multifaceted characteristic that encompasses several physiologically independent components. These components are muscular strength, muscular endurance, anaerobic power, cardio-respiratory endurance and flexibility (Frost, 1971). Fitness can be developed with conditioning programme that combines proper individual exercise techniques in a manner that is consistent with several established principles of training (Shultz, 1996). Volleyball plyometrics can help to increase your vertical jump and explosive power around the court. However, they should be performed alongside or following a sport-specific resistance training programme. While plyometrics is a very effective form of power training (and volleyball-specific), there are some important considerations to consider before adopting this form of conditioning into your routine. Remember firstly that explosive power is a function of both strength and speed of muscular contraction. Volleyball plyometrics exercises will help condition your neuro-muscular system to apply a greater level of force in a shorter period of time. However, if you lack basic strength, their effectiveness will be limited. Plyometric training also places a high level of stress on joints, connective tissues and the neuro-muscular system. Without a well-developed strength base, stress related injuries are much more likely to occur. Ballistic training is very close to plyometrics training

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