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Effect of circuit training on strength of B.P.Ed students

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Abstract
Objective: The purpose of the present study was to compare the strength of B.P.ed students.
Design: Experimental study
Methodology: A total 20 players were selected as sample. All the students were belongs to department of physical education, MDU, Rohtak. The age of sample were ranged from 18 to 25. To assess the Strength Medicine Ball Throw test was used. To compare the obtained results 't' test was used as a statistical tool and the level of significance was set at 0.05.
Results: We find out positive effect of Circuit training on strength of the B.P.ED students.
Conclusion: After analysis the obtained results it was observed that mean score of post test is higher than the pre test mean score. It means there was a statistically significant difference in strength of the B.P.ED students.

Keywords: strength, B.P.Ed, plyometrics

Introduction

Strength is the maximal power you can apply against a heap. Preparing to enhance muscle strength incorporates lifting weights or generally expanding the protection against which you work. Strength is one of the principle wellness parts, critical for achievement in numerous games. Certain games, for example, weight lifting, wrestling and weight tossing; it is the most vital physical characteristic. In numerous different games, including group activities like rugby, great strength are additionally vital as a major aspect of the general wellness profile. A vote of the best games requiring strength has the undeniable game of weightlifting positioned most noteworthy. See likewise other rundown positioning games in which strength is vital. High-intensity aerobics is a type of body molding or intense exercise or protection preparing utilizing high-power. It targets strength building or strong perseverance. An activity "circuit" is one finishing of every single endorsed practice in the program. When one circuit is finished, one starts the principal practice again for the following circuit. Generally, the time between practices in aerobics is short, regularly with quick development to the following activity.

Methodology and Procedure

Selection of the Sample

For accomplish the study a total 20 players were selected as subject from department of physical education, MDU, Rohtak (B.P.ED Students). Selection of the sample from population random sample technique was used. The age of the sample were ranged from 18 to 25 years.

Variable of the study

To assess the Strength Medicine Ball Throw test was used.

Administration of the Test

Medicine Ball Throw

Purpose: To measure the power of the arms and shoulder girdle.

Equipment: Chair, 2Kg. Medicine Ball and Measuring Tape

Procedure: From a sitting position in a straight back chair, the performer was holding the ball in both hands with the ball drawn back against the chest and just under the chin. Then he was pushed the ball upward and outward for maximum distance. A restraining band was placed around the performers' chest and held tight to the rear by a partner in order to eliminate rocking action during the push. The performers' effort should be primarily with the arms. One practice trial might be taken before scoring. Each of two trials was to be taken in succession. Distance was measured from the front edge of the chair to the point of contact of the ball with the floor in centimeters. The better of two distances was recorded as the score.

Scoring: Score was recorded in centimeters.

Experiment design: To accomplish the study we used 28 days Circuit training.

Results

Table 1: Group Statistics

Group	Variable			N	DF	Mean	Std. Deviation	Std. Error Mean	t
B.P.ED	Strength		Pre Test	20	19	2.97	.83	.18	9.77*
			Post Test	20		3.61	.88	.19	

*Significant at 0.05 with the df 19

The table no 1 shows the strength mean score of (B.P.ED students) pre test is 2.97 and mean score of post test is 3.61. Standard deviation of pre test is.83 and Standard deviation of post test is 88. The score obtained t value was 9.77 respectively which were two tailed significant. It means there was a statistically significant difference in strength of the B.P.ED students. It means the score of pre test of strength is low in compression of post test. We find out positive effect of Circuit training on strength of the B.P.ED students.

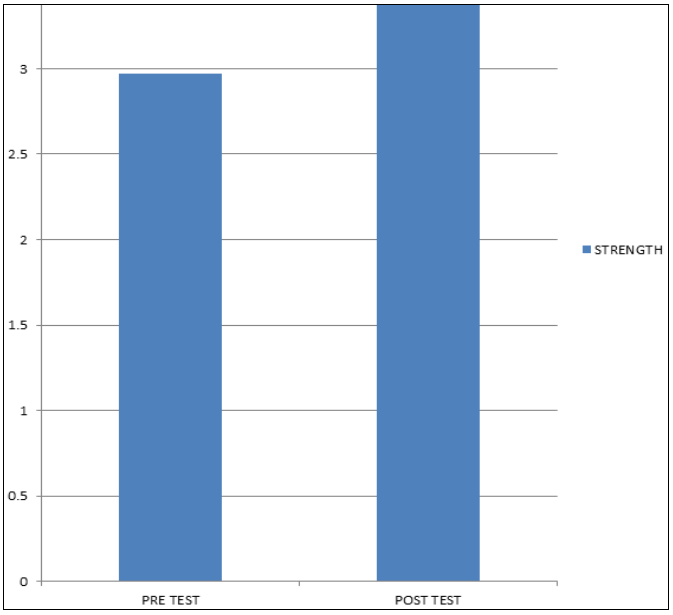

Fig 1: Strength Mean Score of Pre and Post Test of Students

Conclusion

After analysis the obtained results it was observed that mean score of post test is higher than the pre test mean score. It means there was a statistically significant difference in strength of the B.P.ED students. We find out positive effect of Circuit training on strength of the B.P.ED students.

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