

IMPACT OF CIRCUIT PREPARING ON CHOSEN QUALITY PARAMETERS AMONG MALE STUDENTS

P. KUMAR¹ & Dr. M. MADAN MOHAN²

¹Ph.D., Research Scholar, Department of Physical Education, A.V.V.M Sri Pushpam College, Thanjavur, Tamilnadu, India.

²Head & Professor, Department of Physical Education, A.V.V.M Sri Pushpam College, Thanjavur, Tamilnadu, India.

ABSTRACT

The motive of the examine was to discover the effect of circuit education on selected energy parameters among college male college students. It changed into hypothesized that there might be huge variations on selected electricity parameters due to the effect of circuit training among university male students. For the prevailing have a look at the 30 male college students from A.V.V.M Sri Pushpam university, Poondi, Thanjavur District, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the prevailing have a look at pre take a look at – put up check random group design which consists of control institution and experimental institution became used. The topics had been randomly assigned to two same corporations of fifteen every and named as organization ‘A’ and organization ‘B’. organization ‘A’ underwent circuit education and organization ‘B’ has now not undergone any training. The records become accrued before and after twelve weeks of schooling. The statistics changed into analyzed via applying ANCOVA. the extent of importance changed into set at zero.05. The circuit schooling had proven sizable lower in explosive strength and muscular electricity among male students after undergoing circuit education for a duration of twelve weeks.

KEYWORDS: *Circuit training, Explosive Strength, Muscular Strength, Male students*

INTRODUCTION

Circuit schooling is an effective and hard form of conditioning. it really works well for growing power, persistence (both aerobic and anaerobic), flexibility and coordination. Its versatility has made it famous with most of the people right thru to elite athletes. For sports ladies and men, it is able to be used throughout the closed season and early pre-season to assist develop a stable base of health and prepare the body for greater traumatic next education. Circuit training is an powerful organizational form of doing physical games for improving all physical health components. before and after schooling, the initial and final assessments were carried out for the variables such as velocity, agility, electricity, co-ordination, static balance and dynamic balance for the experimental and manage

corporations. Circuit schooling is an workout program that develops basic health. Accomplished frequently, circuit schooling will concurrently improve muscular electricity, persistence, cardiovascular health, and flexibility. Circuit schooling turned into invented in 1953 as an efficient manner for coaches to educate many athletes in a confined amount of time with confined device. The exerciser moved thru a series of weight training or calisthenics organized consecutively. It turned into a quick-paced exercising of 15 to forty-five seconds consistent with station with little (15 to 30 seconds) or no relaxation among stations.

REVIEW OF LITERATURE

Shiv et al. (2016) undertaken a study to find out the comparative effect of SAQ and circuit training program on selected physical fitness variables of school level basketball players. Thirty (30) school level basketball players aged between 14-17 years will randomly be selected from Simpkins School Agra U.P. The subjects were randomly divided in three groups as group A (SAQ training group), group B (circuit training group) and group C (control group). After the pre-test with Physical fitness test Experiment Group-A underwent a training SAQ programme of selected exercise. Experiment Group-B received a Circuit training program of selected exercises, whereas the Control group did not participate in any training program. Group A has gone under SAQ training program and Group has gone under circuit training for 60 minutes three times a week except Sunday for duration of 12 weeks. Post data was collected after 12 weeks of experimental period. Analysis of Variance (ANOCOVA) was applied at 0.05 level of significance and Post hoc mean comparison was done by using LSD test. It may be concluded that SAQ training program was significantly better than circuit training program for speed and agility whereas circuit training program was better than SAQ training program for abdominal, arms & shoulder endurance being studied by the researcher. In case of explosive strength no significant difference was found between both the training programs.

Vikesh (2016) examined the effect of circuit training on selected motor abilities among university male students. For the purpose of the study total 60 boys, age ranged from 18 to 25 years were selected as subjects from the Department of Physical Education (T), Guru Nanak Dev University, Amritsar, Punjab (India). The subjects were purposively divided into two groups: Group-A: Experimental (N1=30) and Group-B: Control (N2=30). All the subjects were informed about the aim and methodology of the study. The subjects from GroupA were subjected to 8-week of Circuit Training Program. Group-B acted as control who did not participate any special training apart from the regular curricular activities. The training program starts with warm up exercises for 10 minutes (jogging, slow space running, stretching exercises etc.), then Sit ups (lower abdominals), pushups, Squat jumps, Compass jumps, Astride jumps, Shuttle runs were selected for the main training schedule. Volume and intensity:

Experimental group performed 20 to 30 seconds work on each exercise with a 20 to 30 seconds recovery. They performed 2 to 4 sets with a 2 to 3 minutes recovery between each set. T-test was used to find out the statistical significances of each age groups pre and post mean differences.

METHODOLOGY

The motive of the study turned into to discover the effect of circuit education on decided on power parameters amongst university male students. It became hypothesized that there would be sizable variations on selected power parameters due to the effect of circuit education among college male college students. For the prevailing look at the 30 male college students from A.V.V.M Sri Pushpam university, Poondi, Thanjavur District, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the gift study pre take a look at – post take a look at random organization design which includes control institution and experimental group was used. The subjects had been randomly assigned to 2 equal companies of fifteen each and named as organization ‘A’ and institution ‘B’. organization ‘A’ underwent circuit training and institution ‘B’ has not undergone any education. The information was gathered before and after twelve weeks of training. The information became analyzed with the aid of applying ANCOVA. the extent of importance become set at 0.05.

**TABLE I
VARIABLES AND TEST**

S.No	Variables	Tests
1	Explosive Strength	Standing Broad Jump
2	Muscular Strength	Pull Ups

RESULTS

The findings bearing on analysis of covariance between experimental institution and control institution on selected strength parameters among male students for pre-put up test respectively were offered in table II to III.

**TABLE II
ANCOVA BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP ON EXPLOSIVE
STRENGTH OF MALE STUDENTS FOR PRE, POST AND ADJUSTED TEST**

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
			BG	0.13	1	0.13	

Pre Test Mean	1.42	1.45	WG	203.06	28	7.25	0.01
Post Test Mean	1.69	1.48	BG	1442.60	1	1442.60	169.24*
			WG	238.66	28	8.52	
Adjusted Post Mean	1.70	1.47	BG	1312.20	1	1312.20	150.50*
			WG	235.87	27	8.73	

* Significant at 0.05 level.

df: 1/27= 4.21

Table II discovered that the obtained 'F' cost of 150.50 was located to be considerable at 0.05 stage with df 1, 27 as the tabulated price of 4.21 required to be giant at 0.05 level. The equal desk indicated that there was a significant distinction in adjusted way of explosive electricity of university male college students among experimental group and manage institution. The graphical representation of facts has been presented in figure I.

FIGURE I

COMPARISONS OF PRE – TEST MEANS POST – TEST MEANS AND ADJUSTED POST – TEST MEANS FOR CONTROL GROUP AND EXPERIMENTAL GROUP IN RELATION TO EXPLOSIVE STRENGTH

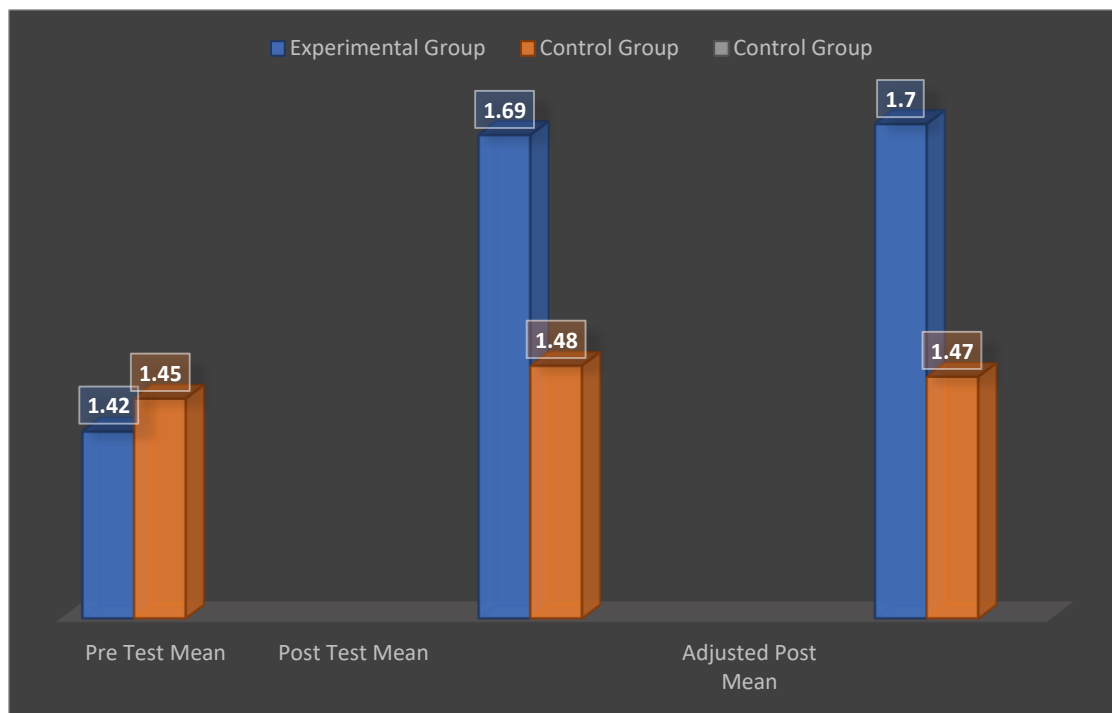


TABLE III

ANCOVA BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP ON MUSCULAR STRENGTH OF MALE STUDENTS FOR PRE, POST AND ADJUSTED TEST

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	11.12	11.37	BG	2.40	1	2.40	1.95
			W G	34.40	28	1.22	
Post Test Mean	15.47	11.65	BG	46.70	1	46.70	51.76*
			W G	25.26	28	0.90	
Adjusted Post Mean	15.12	11.61	BG	43.12	1	43.12	47.52*
			W G	24.50	27	0.90	

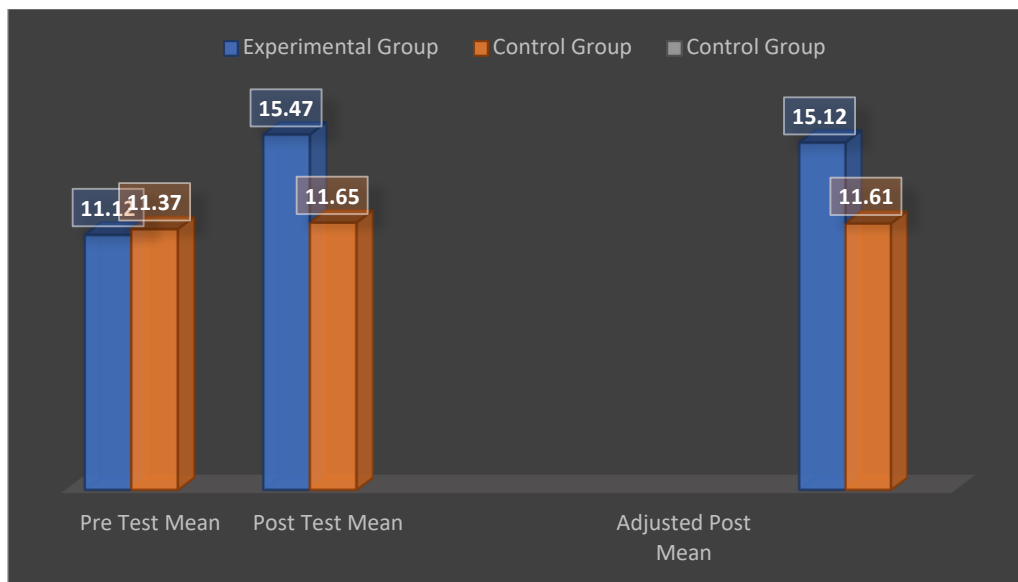
* Significant at 0.05 level.

df: 1/27= 4.21

Table III revealed that the received 'F' cost of forty seven.fifty two was found to be vast at zero.05 degree with df 1, 27 as the tabulated price of 4.21 required to be widespread at 0.05 level. The equal desk indicated that there has been a good sized distinction in adjusted approach of muscular electricity of college male students among experimental organization and control group. The graphical representation of information has been presented in figure II.

FIGURE II

COMPARISONS OF PRE – TEST MEANS POST – TEST MEANS AND ADJUSTED POST – TEST MEANS FOR CONTROL GROUP AND EXPERIMENTAL GROUP IN RELATION TO MUSCULAR STRENGTH



CONCLUSION

The circuit training had proven full-size lower in explosive energy and muscular energy amongst male students after present process circuit schooling for a period of twelve weeks. The topics had been randomly assigned to two same corporations of fifteen every and named as organization 'A' and organization 'B'. organization 'A' underwent circuit education and organization 'B' has now not undergone any training. The records become accrued before and after twelve weeks of schooling. The statistics changed into analyzed via applying ANCOVA.

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