EFFECT OF CONTINUOUS TRAINING ON SELECTED SPEED COMPONENTS AMONG STATE LEVEL WOMEN KABADDI PLAYERS

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Abstract

The purpose of the study was to find out the effect of continuous training on selected speed components among state level women Kabaddi players. To achieve the purpose of the present study, thirty state level women Kabaddi players from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Continuous training) and Group II acted as Control Group. Speed components were assessed by 50 metre dash. Pre test was conducted for all the subjects on selected speed components. This initial test scores formed as pre test scores of the subjects. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested on their selected speed components. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant ‘t’ test. In all cases 0.05 level of significance was fixed to test hypotheses. The continuous training group had shown significant improvement in all the selected speed components among state level women kabaddi players after undergoing the continuous training group for a period of twelve weeks.

Key Words: Continuous Running, Women, Kabaddi, Speed.
Introduction

Continuous training is when low to mid intensity exercises are performed for more than 20 minutes without resting intervals. Generally, this type of training is used to prepare the body for sustained workouts such as marathons and triathlons, but can also be effective for more casual athletes. It allows the body to work from its aerobic energy stores to improve overall fitness and endurance. Chief benefits of continuous training include fat burning, muscle building, and increasing maximum aerobic potential. Continuous training also refers to non-stop physical activity for a specific duration. It is a style of training often used by some athletes, such as runners who are training for a marathon. Interval training is the opposite, where the individual takes several breaks during the workout. For example, an individual may sprint for 1,000 meters and slow down to a jog for another 1,000 meters, and so on. If that individual is engaged in continuous training, he would try to push himself to sprint the entire 2,000 meters without stopping or jogging non-stop for at least 20 minutes. Almost any type of exercise can be done in a continuous way. Jogging, cycling, and swimming are often the most common, but the style of exercise is nowhere near as important as the manner in which it is accomplished. The most important part of this type of training is the amount of time spent performing the exercise. The main goal behind continuous training is to condition the heart for long periods of exertion. Athletes typically start at about 60% of their full capacity, which means that they are working, but not burning themselves out. A light jog or an easy bike ride that lasts an hour or more are good examples of what this might look like. Although professional athletes often use continuity techniques to improve their endurance training, but it is by no means limited to those with superior athletic ability. Continuous training is a type of physical training that involves activity without rest. This type of training may be of high intensity, of moderate intensity with an extended duration, or fartlek training. Continuous training means the trainee uses 60-80% of his maximum heart rate for at least 30-60 minutes at least four or five times a week. This method suits long distance runners as well as tennis players, because it means that their endurance levels will increase. It is the way which they would normally compete. It is a good way for an athlete to build up their cardio-vascular endurance levels. It also forms the basis for all other training methods both anaerobic and aerobic.

Methodology

The purpose of the study was to find out the effect of continuous training on selected speed components among state level women Kabaddi players. To achieve the purpose of the
present study, thirty state level women Kabaddi players from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Continuous training) and Group II acted as Control Group. Speed components were assessed by 50 metre dash. Pre test was conducted for all the subjects on selected speed components. This initial test scores formed as pre test scores of the subjects. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested on their selected speed components. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependant ‘t’ test. In all cases 0.05 level of significance was fixed to test hypotheses.

Results

<table>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Pre-Test Mean</th>
<th>Post-Test Mean</th>
<th>Mean difference</th>
<th>Std. Dev (±)</th>
<th>σ DM</th>
<th>‘t’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Speed</td>
<td>8.58</td>
<td>8.32</td>
<td>0.26</td>
<td>0.04</td>
<td>0.01</td>
<td>21.05*</td>
</tr>
<tr>
<td>2</td>
<td>Stride length</td>
<td>0.93</td>
<td>1.12</td>
<td>0.18</td>
<td>0.02</td>
<td>0.01</td>
<td>25.41*</td>
</tr>
<tr>
<td>3</td>
<td>Stride frequency</td>
<td>2.48</td>
<td>2.76</td>
<td>0.28</td>
<td>0.06</td>
<td>0.01</td>
<td>15.89*</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level

Table I shows the obtained ‘t’ ratios for pre and post-test mean difference in the selected variable of speed (21.05), stride length (25.41) and stride frequency (15.89). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre to post-test were significantly improved the speed components. So it was found to be significant. The results of this study showed that statistically significant and explained its effects positively.
FIGURE– I

GRAPH SHOWING THE MEAN GAINS & LOSSES BETWEEN PRE AND POST-TEST SCORES ON SELECTED VARIABLES OF CONTINUOUS TRAINING GROUP (CTG)

TABLE – II

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST-TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP (CG)

<table>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Pre-Test Mean</th>
<th>Post-Test Mean</th>
<th>Mean difference</th>
<th>Std. Dev (±)</th>
<th>σ DM</th>
<th>‘t’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Speed</td>
<td>8.56</td>
<td>8.53</td>
<td>0.02</td>
<td>0.09</td>
<td>0.02</td>
<td>1.09</td>
</tr>
<tr>
<td>2</td>
<td>Stride length</td>
<td>0.94</td>
<td>0.95</td>
<td>0.01</td>
<td>0.05</td>
<td>0.01</td>
<td>0.98</td>
</tr>
<tr>
<td>3</td>
<td>Stride frequency</td>
<td>2.47</td>
<td>2.51</td>
<td>0.03</td>
<td>0.08</td>
<td>0.02</td>
<td>1.83</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level
Table II shows the obtained ‘t’ ratios for pre and post-test mean difference in the selected variable of speed (1.09), stride length (0.98) and stride frequency (1.83). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (14) it was found to be statistically significant at 0.05 level of confidence. It was observed that the means gain and losses made from pre to post-test were not significantly improved the speed and endurance components. So it was found to be insignificant.

![Graph showing mean gains & losses between pre and post-test scores on selected variables of control group (CG)](image)

**FIGURE– II**

**GRAPH SHOWING THE MEAN GAINS & LOSSES BETWEEN PRE AND POST-TEST SCORES ON SELECTED VARIABLES OF CONTROL GROUP (CG)**

**Conclusion**

1. The continuous training group had shown significant improvement in all the selected speed components among state level women kabaddi players after undergoing the continuous training group for a period of twelve weeks.

**References**


