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"Effectiveness Of Physical Fitness Training Programmers On Physiological Efficiency On Volleyball Players"

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Abstract:

The study was conducted the Effectiveness of physical fitness training programmers on physiological efficiency on volleyball players. The present study was conducted on 30 male Volleyball players from SGBAU by random method aged between 19to 30 years, which were randomly selected, from the different college of Yavatmal City. Only one group was targeted experimental group, there was no control group. Training was given to the experimental.

The data was cheeked for accuracy and completeness and studies variables, T-test, was considered statically technique throughout the study. The level of significant was set-up at 0.005 levels. With regards to RR (Respiratory Rate) of pre and post test of volleyball players they have obtain the mean value of 18.21 and 16.86 respectively which are given in the table-1 reveals that there was significant effect of physical fitness training programme was found in RR (t=p<0.05) on volleyball players. That means effects of physical fitness training programme were effective for reducing RR among volleyball players.

Key Word*:* Effect, physical fitness, physiological efficiency, Volleyball.

Introduction:

Now a day's peoples interest is increasing towards games, sports and physical activities and for that fitness is the basic need and base for the excellence in performance .physiological fitness is specific to the activity, it may be said that the dominance of different fitness factors varies from game to game and from player to player, but does not include all essentials exercise physiology is one of the effects of exercises on the body specifically.

Exercise physiology is concerned with the player's responses and adaptation to exercise at the system as well as sub cellular level.

This modification can be long turn i.e. lasting for the long duration it the activity is continued on a regular basic. Knowledge of exercise physiology is essential to the practitioners. It is critical that the practitioners understand the effects of exercise on the individual's body to plan programmers to achieve the desired out come and to maintain the effects of such programmed on the individuals. The physiological parameters seems to play very important role in the modern competitive supports in the production of excellent performance because competitions are organized more frequently than ever before in different sports of the world and separated by vast distance where the sun set at one place at a particular time, it me be rise at other place. More ever because of physiological parameter and different in time the athletes producing peak performance at one place or another place. It is no that the individuals performance in any sport activities follow the diurnal physiological parameter patterns, method me be devised to condition the athletes to produce peak performance with change in diurnal physiological parameter with training and conditioning the heart became more efficient and is a circulate more blood while beating less frequently for standard amount of work.

Statement of problem: Effectiveness of physical fitness training programmers on physiological efficiency on volleyball players.

Objective of study:

1. The primary study of the is to determine and find out the effectiveness of physical fitness training programmer on psycho-physiological efficiency on volleyball players.
2. to the study the effect of physical fitness training programmers on RR of volleyball players.

Hypothesis: It was hypothesis that there would be insignificant effect of physical fitness training programme on RR of volleyball players.

Scope: study was conducted on 30 volley ball players .only experimental group was targeted there was no control group.2. The age group of secondary student was 19-30.

3. Only male volleyball players

Methodology:

Population: only one group was targeted experimental group, there was no control group. The 30 male volleyball players participated in the study and their age raged between 19-30 years. Training was given to the experimental.

Sources of Data: The study depends mainly on primary sources of data. SGBAU University Instructions was given to the volleyball players.

Administration of physiological test: A training program was planned 12 week, 5 days a week and 90 minutes. The respiratory rate of each subject was recorded before & after training, before recording respiratory rate the subject was instructed to remain lying on their bed in supine lying position. The tester then recorded rate the respiration in units per minute by carefully watching the movement of the subject abdominal. Total number of respiratory movement per minute finally recorded.

Data processing: Data processing play very significant role in the interpretation of numerical data obtained from individuals by given numerical expression to the relationship and the variations with respect to different aspects. The collected data was analysis as a whole and fragments. The data was cheeked for accuracy and completeness and studies variables, T-test, was considered statically technique throughout the study. The level of significant was set-up at 0.005 levels.

Table: 1: Mean score standard derivation and t-ratio of RR in pre and post test of volleyball players.

Physiological variable	Test	Number	Mean	S.D.	t-ratio
RR	Pre-test	30	18.21	1.76	2.79
	Post test	30	16.86	1.44	

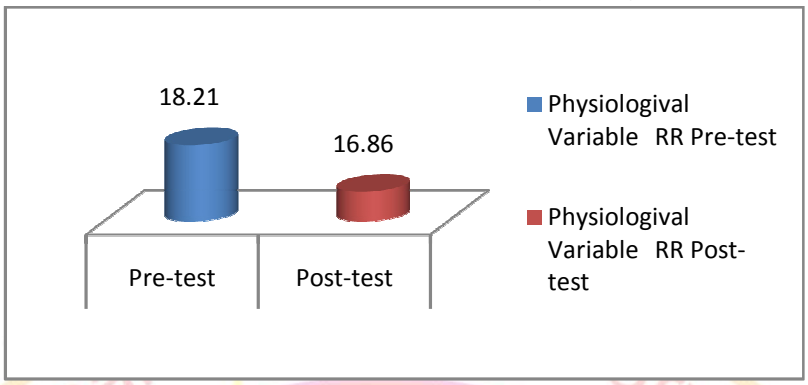
Significant at 0.05 Level

Shows that statically significant difference of mean score, standard derivation and t-ratio of selected physiological variable with respect to RR of pre and post test of volleyball players.

With regards to RR (Respiratory Rate) of pre and post test of volleyball players they have obtain the mean value of 18.21 and 16.86 respectively which are given in the table-1 reveals that there was significant effect of physical fitness training programme was found in RR ($t=p<0.05$) on volleyball players. That means effects of physical fitness training programme were effective for reducing RR among volleyball players.

The Mean scores and standard deviation of selected physiological variable with respect to RR of pre and post test of volley ball players have been presented through graphically in figure-1

Figure: 1: Mean score standard derivation and t-ratio of RR in pre and post test of volleyball players.



Discussion of finding:

The primary aim of the study was to Effect of Physical training programme on psychological & physiological variable among volleyball Players.

It had been hypothesized that there would be insignificant effects of physical fitness training programme on RR of Volley ball players with regards to RR of pre and post test of volley ball players they have obtain the mean value of 18.21 and 16.86 respectively witch are given in the table.no.1 reveals that there was significant effect of physical fitness training programmme was found in RR (t=<0.005) on Volleyball players. The hypothesis of the study regarding effect of physical fitness tanning programme on RR of Volleyball Players was rejected. It is found that ther3e was significant decrease respiratory rate after endurance training.

Conclusions: There was significant effect of physical fitness training programme was found in RR on Volleyball players.

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