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# **INTERLINK RESEARCH ANALYSIS**

Editor In Chief  
Dr. Balaji Kamble



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## कबड्डी खेळाडु यांच्या विकासासाठी शारीरिक क्षमता व शारीरिक घटक यांचे महत्व

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9

Research Paper - Physical Education

गोषवारा

कबड्डी हा मुळातच महाराष्ट्रातला खेळ आहे तसेच हा खेळ ग्रामीण भागात अतिशय लोकप्रिय असून आज कबड्डी ला अंतराष्ट्रीय दर्जा सुध्दा प्राप्त झाला आहे. कबड्डी हा खेळ विशेषतः दक्षिण अशिया खंडात विशेष आवडीने खेळला जातो. कबड्डी हा खेळ भारतात तिन प्रकारे खेळला जातो तो पुढील प्रमाणे संजिवनी, गामीनी व अमर. तसेच या खेळात शारीरिक क्षमता व शारीरिक घटक यांना विशेष महत्व आहे. शारीरिक क्षमता हा शब्दप्रयोग Physical Fitness या अर्थाने वापरतात. शारीरिक क्षमता असलेला खेळाडू आपले सर्व दैनंदिन कार्ये न थकता उत्साहाने पार पडतो. त्या मुळे आपले जीवधन इतरा पॅक्षासुखाध्वजगतो शारीरिक क्षमते वरोबर बौद्धिक क्षमता देखील विकसित होते. थोडक्यात आत्मनिर्भता नष्ट होऊन परावलंबीतत्वा मध्ये वाढ होते.

प्रस्तावना

कबड्डी या खेळाने अत्याधुनिक स्तर गाठलेला आहे कबड्डीचा उगम महाराष्ट्रात झालेला आहे. कबड्डी हा मुलतः खेळ आहे, महाराष्ट्रातील खेळाडूंची शारीरिक क्षमता व शारीरिक घटक उत्तम दर्जाची असू शकते परंतु आरोग्यविषयक जागृती या खेळाडुमध्ये कितपत आहे हे जाणुन घेणे सुध्दा अतिशय महत्वाचे ठरू शकते आरोग्याविषयक जागृतीचा संबंध येतो. शारीरिक क्षमता हि मानवासाठी इंजिनचे (फाइन टयुनिंग)आहे. शारीरिक क्षमतेचा विकास म्हणजे शरीरातील सर्व



इंद्रियांचा विकास असून एखाद्या कामाचा थकवा न येता तो चांगल्या पधतीने कार्य करणे. शारीरिक क्षमतेने फुप्फुस व हृदय अधिक कार्यक्षम होतात. रक्तभिसरण अधिक व्यवस्थित होते व्यायाम करणा-या व्यक्तीची हृदयाची क्षमता दर मिघिटाला १० ते ११ लिटर रक्तपुरवठा करण्याची असते तर खेळाडूच्या हृदयाची क्षमता २० ते २२ लिटर रक्तपुरवठा करण्याची असते.

### शारीरिक क्षमताचे घटक

१. रुधिराभिसरण व श्वसन (cardio-Respiratory capacity) - अधिकाधिक काम मनुष्य करतो परिश्रमधने हा घटक सुधारता येतो.
२. लवचिकपणा (Flexibility)-सांध्यांची हालचाल मर्यादित झाली असता ते दुखू लागतात लवचिकपणाने हा त्रास कमी होतो.
३. ताकद (Strength)- स्नायूंचा आकार व घाटदारपणा अधिक तेवढी ताकद अधिक असे नाही तर एखाद्या कामास एकाच वेळी माणूस जास्तीत जास्त किती जोर लाऊ शकतो त्यावरून ठरते.
४. चिवटपणा (Endurance)-विशिष्ट तरने स्नायूंची हालचाल होत राहते. चिवटपणा म्हणजे ताकद नव्हे तर दहा हजार बैठका काढणारा हजार जोर काढेल असे नाही.
५. श्वसन (Respiration)- श्वसनाची कार्यक्षमता "स्पाग्रोमिटर" नामक उपकरणाने मोजतात या उपकरणात पाण्याचे भरलेले भांडे असते. त्याचा मध्याभागी नळी असते व या भांड्यात एक भांडे उपडे करून ठेवतात व्यक्ती प्रदीर्घ श्वास घेऊन नाक बंद करून तोंडाने या भांड्यात सोडतो त्यावर लिटरच्या खुणा असतात.
६. रुधिराभिसरण- यांची कार्यक्षमता मोजण्यासाठी Treadmill वापरतात
७. लवचिकपणा (Flexibility)-लवचिकपणा सांध्यापुरता मर्यादित असतात त्या साठी विविध उपकरणे वापरतात.
८. चिवटपणा (Endurance)-स्नायूंच्या आकुंचनाचा वेग होय जेवढे वजन कमी कामाचावेग तेवढे मार्क दिले जातील उदा. वजन, सिंगलबार, डबलबार
९. ताकद (Strength)-ताकदीचे Isometric स्थिर व Isotonic चल हे दोन प्रकार आहेत. त्या साठी जागेवर उड्या मारणे व त्यांचे मोजमाप करणे व स्थिरताकदीसाठी नमस्कार पद्धतीने दोन्ही हात पंजेवर दाबदेणे इलेक्ट्रिकच्या सहय्यने मोजमाप घेणे व चल साठी स्प्रिंगचा उपयोग करतात.

### शारीरिक कौशल्य

खेळाडूची चपळी फुफुसातील क्षमता (Cardiovascular capacity), स्थायूना समन्वय (coordination), प्रतिक्रियात्मक वेळ तसचे इतर शारीरिक क्षमता विषयक घटकांची आवश्यकतः



उत्तम आक्रमक खेळांडुमध्ये असणे फारच गरजेची असते. ह्या सर्व घटकांचे वेधन घेतून शारीरिक क्षमता घटकांचा व कबड्डी खेळातील गुण निष्पादनाचा कोटिना कोटि जाणून घ्यायचा येतो. यामध्ये शारीरिक संरचना व शरीराची ठेवण, शारीरिक मार (मजल) याचा काही ना काही संबंध खेळाच्या कौशल्य निष्पादन कार्यामध्ये अतिशय महत्त्वाच्या असतो. चपळता, प्रतिक्रियात्मक वेळ, ताळमेळ संतुलन, बी.एस. आय., स्तंभ्यायुंची सुध्दा-(PS-gradation), ताल(Balance), गती शक्ती (Power), चपळई (Agility), वेग (Speed), प्रतिक्रिया-काल (Reaction Time) हे कौशल्य आहेत.

**शरीराच्या क्षमतेच्या घटकांचे स्वरूप व साधना**

शारीरिक क्षमतेच्या घटकात रुधिरामिसरण व ज्वसन यांना विशेष महत्त्व आहे. माध्यम शरीरात तिन प्रकारचे स्नायु असतात १ ऐच्छिक २ अनाऐच्छिक ३ हृदयाचे सर्व शरीरात हृदयाचे स्नायु भक्कम असतात. प्रौढ माणसाचे हृदयाचे दर मिनिटाला ७० वेळा आकुंचन व प्रत्यक्ष मजल एका तासात ४००० वेळा व चेरीस तासात एकदा व यथात यानकोटवेळा हे जाणवते. रुधिरामिसरण क्षमतेचा विचार म्हणजे हृदय व रक्तवाहिन्यांचा मिसार होय. हे क्षमता निष्पादनासाठी १ योग्यआहार २ योग्यव्यायाम ३ योग्यवजन ४ योग्यसंयमी भुकाटकमणा इतिवृत्तनिष्पा ५ मानसिक शांतता ह्या गोष्टी आवश्यक आहे. रुधिरामिसरण व ज्वसन यांची क्षमता एकमेकांस अवलंबून असतात अंतर्गत अवयवांशि संबंधित आहे.पण ताकद, चिवटपणा, लवचिकपणा यांचा स्वतंत्र मिसार करता येतो. तरुणकुमार हयांनी जुन १९८२ मध्ये फुटबॉल आणि हॉकी खेळांडुंच्या शारीरिक क्षमतेचे तुलनात्मक अध्ययन केले. वर्धमान विश्वविद्यालयांच्या दोन्ही संघाचे १५-१५ खेळांडुंचे परिक्षण केले. खेळांडुंचे वय हे २० वर्षेच होते. ऑफर युथ फिटनेसचा उपयोग केला गेला होता. ज्यत हॉकीच्या खेळांडुंचे पूल अप्त चांगले होते आणि फुटबॉलच्या खेळांडुंचे ५० यार्ड हेरा चगलते होते व गजब प्रकाश यांनी मार्च १९८४ मध्ये फुटबॉल आणि क्रिकेट खेळांडुंची शारीरिक क्षमतेचे तुलनात्मक अध्ययन केले.

**भावनात्मक जीवन व शारीरिक क्षमता**

नाटके, सिनेमा, कथा, कादंबऱ्या यात भावनात्मकतेने माणसात हृदय विकसित होऊ शकते येतो. प्रत्यक्ष हे किती वेळेस होते हे सांगता येत नाही.पण भावनांच्या व शरीरव्यवस्थेच्या संबंध असतो सर्व माणसाला हे सर्गिक घाटते पण मय, क्रोध व काम या भावना त्याने अवलंबून अनुभवते आहेत.भावनात्मक जीवन व शरीराचा जयव्या संबंध आहे.त्यासाठी जीवनरत्न वेधत्य व संयमी भावना मज्जासंस्था आजार, चिंता, या शारीरिक क्षमता पोखरणाने भावना मौलिक परितेत्परतसी फार निगडीत असतात. म्हणून भावनात्मक जीवन विकडले असता शारीरिक क्षमतेत त्याचा विपरीत परीणाम होतो.त्यावर उपाय म्हणून "सायकोसोम्याटिकमोडेल्स" निर्माण झाले आहे.



परंतु त्यापेक्षा त्यांच्या कडे जाण्या पेक्षा व्यायाम आसन, प्राणायाम, श्वसन, ध्यान इत्यादी स्नायूशिथिल करण्याचा प्रयोग करून बघावा त्याधे शारीरिक व मानसिक आरोग्यावर चांगला परिणाम होतो. आहार झोप व्यायाम व भाव-नात्मकजीवन महत्वाचे आहे.

#### स्कोरिंग:-

थकव्याचा सुचकांक काढण्याकरीता पहिल्या तीन सरासरी नोंदींना शेवटच्या तीन सरासरीने भागायचे यावरून साधारणा ७५ टक्के ते ९५ टक्के थकण्याचा इन्डेक्स कळतो. या थकण्याच्या सुचकांकाचे मानक खालीलप्रमाणे अतिशय उत्कृष्ट >८९ टक्के चांगला ८५ टक्के ते ८९ टक्के सरासरी ८० टक्के ते ८४ टक्के व अतिशय कमी <८० टक्के

#### निष्कर्ष

शरीर संपदेचा विचार करतांघना कोणकोणत्या विषयाचा विचार करावा हा विचार शास्त्रज्ञ कोणत्या प्रकारे करतात व त्याचे मुख्य निष्कर्ष काय आहेत. या बाबत शास्त्रीय दृष्टिकोनातून प्रयत्न केले आहे. क्रीडापटू तयार करणे हा स्वतंत्र विषय आहे. कोण्या खेळास कोणत्या पद्धतीने शिक्षण द्यावे हा भेद आहे पण सर्व सामाध्य व्यक्तीस शारीरिक क्षमता कमीत कमी वेळत अशी मिळवी हा उद्देश आहे. शारीरिक क्षमता घटक आत्मसात होतात असे प्रतिदिपादन केले आहे. शारीरिक क्षमता मिळविण्यासाठी काही गोष्टी आत्मसात करणे गरजेचे आहे. माणसाचे हालचालीचे अभ्यास करणेसाठी एक स्वतंत्र शास्त्राचा विषय आहे. त्याला "ह्युमनकायनेटिक" म्हणतात व पायासाठी "पोडोस्कोप" म्हणतात. भारतात अमेरिकेसारखे "व्हेटरन ट्राक व फिल्ड" सारख्या स्पर्धा घ्यावा त्याने निश्चित ४०-४५ व ४५-५० या वयोगटाच्या लोकांचे क्षमता ठरविली जाते.

#### संदर्भ सूची :-

१. शरीर संपदा - के. पी. भागवत
२. क्रीडा वैद्यकीयशास्त्र - डॉ. अधंत केतकरे
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## Visual Reaction Time of Youth and Senior Kabaddi Players

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### Abstract

The purpose of the study was to predict the players of Kabaddi game from psychological variable like *Reaction Time* among State level Senior and Junior Group of players. A pilot study was conducted total 50 male Kabaddi players were selected in two categories were approached through coaches and managers of the teams participating in the above mentioned tournaments. Result:-  $T_{cal}$  value  $> T_{table} = 1.66$  at 98 DF 0.05 Level of Significance  $62.71 > 1.66$  which means that Senior kabaddi players differs in the RT compared to the Youth players and Youth players will be good in RT as compares to Senior Players. Conclusion with the help of graphical representation and statistical operations it could be concluded that Visual Reaction Time of Youth and Senior Kabaddi Players was normal but Youth kabaddi players were much more quicker than Senior Kabaddi Players in Visual Reaction Time. Key words RT reaction time DF degrees of freedom.

### Introduction

Kabaddi is fundamentally an Indian route game, which necessitate equally talent and command, and unite the distinctiveness of wrestling and rugby. Kabaddi is appropriately recognized as the "GAME OF THE MASSES" in India. Owing to attractiveness, simplicity of Kabaddi, easy to understanding of rules, and public appeal it is well popularized. The game entitle for no complicated utensils what so ever, which makes it a very popular sport in the developing countries like India. Though it is fundamentally an outdoor sport played on mud court, of overdue the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with a 5 minute break in between for the teams to change sides (20-5-20). In the case of women & sub junior boys, the duration is 35 minutes with a 5 minute break in between (15-5-15).

Kabaddi is a confrontational team game, played with absolutely no apparatus, in a rectangular court, either out doors or indoors with seven players on the ground in each side

### ORIGIN

The sport has a long history dating back to pre-historic times. It was probably invented toward off group attacks by individuals and vice versa. The game was very popular in the southern part of Asia played in its different forms under different names. The Mahabharata has made an analogy of the game to surround on all sides of Abhimanyu by the enemy i.e. "Chakravyuyva".

### FORMS OF KABADDI:-AMAR; GEMINI; SANJEEVANI;

Statement of the Problem:- The purpose of the study was to predict the players of Kabaddi game from psychological variable like Reaction Time among State level Senior and Junior Group of players.

Hypothesis:- It was hypothesized that senior players of Kabaddi might be predicted from psychological factor like Reaction Time among State level players.

### Significance of the Study

This study will help the physical education teachers and coaches to design a specific program to identify the Talents, which are closely associated with the better Kabaddi performance.

Study will reveal the influence of physiological characteristics like Reaction Time on the overall playing ability of Kabaddi players. This result might be utilized as a screening instruments in analyzing and classification the Kabaddi players.

The result of this study will help the young budding researchers to take up similar studies in other areas and disciplines.

**Delimitations**

The study was confined to the following aspects,  
 This study was confined to only male inter district Kabaddi players from Maharashtra State, India.  
 The subjects for the present study have been delimited to the 100 State level Kabaddi players only which include 50 seniors and 50 junior players.  
 The age of the subjects ranged from 17 years and onwards.  
 The study was delimited to the Reaction Time as independent variables.

**Limitations**

1. The variation in playing experience among players due to the participation in tournaments will be considered as a limitation of the study.
2. Similarly the playing ability difference due to their participation in the coaching program, if any, will also be added to the limitations.
3. Certain factors like food habits, life style, climatic condition, and other environmental factors could not be controlled which may influence the results and hence they may be considered as one of the limitations of the study.
4. The students were from different social culture and economic status which was considered as a limitation, for this study.
5. The response of the subjects to the statements in the Reaction Time test would depend upon various factors such as understanding of the test, seriousness and sincerity of the subjects.
6. No specific motivational techniques were used to encourage the subjects to attain their maximum performance during testing.

**Methodology**

The plates selected in two categories were approached through coaches and managers of the teams participating in the above mentioned tournaments.

**Online Reaction Time Test**

RED LIGHT - GREEN LIGHT Reaction Time Test. Instructions: Click the large button on the right to begin. Wait for the stoplight to turn green. When the stoplight turns green click the same large button continue the test up to five trials follow the same procedure every time. After completion of five turns the average RT will be noted. Lastly click on the large button "Done" where the test was finished.

Table I:- Visual Reaction Time of Youth and Senior Kabaddi Players

Sr	Visual Reaction TimeSenior	Youth Visual Reaction Time	T <sub>cal</sub>
1	Average 0.233	0.214	62.71
3	T <sub>table</sub> value ∞; N <sub>1</sub> + N <sub>2</sub> - 2 = 50+ 50 - 2= 98 for 98DF T <sub>table</sub> = 1.66at 0.05 1.66 Level of Significance	1.66	

T<sub>cal</sub> value > T<sub>table</sub> = 1.66at 98DF 0.05 Level of Significance 62.71>1.66Senior kabaddi players might have the same RT as the Youth players.

i.e. M<sub>1</sub>-M<sub>2</sub>≤ 0

Alternative Hypothesis: (H<sub>1</sub>):-Senior kabaddi players might differs in the RT compared to the Youth players and Youth players might be good in RT as compares to Senior Players.

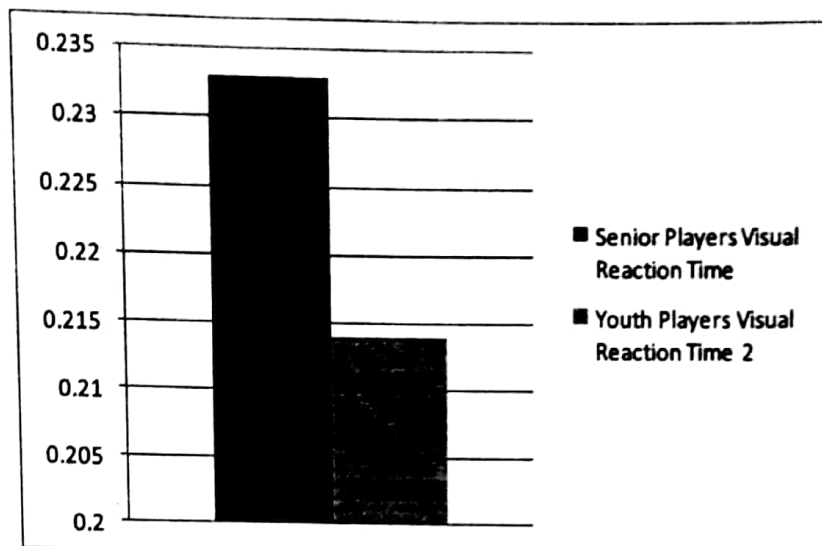
ie. M<sub>1</sub>-M<sub>2</sub>≠ 0 or M<sub>1</sub>-M<sub>2</sub>>0

T<sub>cal</sub> value > T<sub>table</sub> = 1.66at 98DF 0.05 Level of Significance 62.71>1.66

Null hypothesis rejected. As null hypothesis is false means alternative hypothesis accepted. T<sub>cal</sub> value > T<sub>table</sub> = 1.66at 98 DF 0.05 Level of Significance 62.71>1.66, Youth players might be good in RT as compares to Senior Players.

Result:- T<sub>cal</sub> value > T<sub>table</sub> = 1.66 at 98 DF 0.05 Level of Significance 62.71>1.66which means that Senior kabaddi players differs in the RT compared to the Youth players and Youth players will be good in RT as compares to Senior Player

Graph:- Average Visual Reaction Time of Youth and Senior kabaddi Players



Above graph clearly indicates that Visual Reaction Time of Youth and Senior Kabaddi Players. The graph shows Visual Reaction Time of Youth kabaddi players were comparatively good to their Senior Kabaddi Players. No doubt both Youth and Senior Kabaddi Players had normal Visual Reaction Time as per the norms of Visual Reaction Time. Visual Reaction Time of Youth was .0214 and Senior Kabaddi Players was 0.233, the difference between these two counterparts was found to be 0.0190 which is negligible.

#### Conclusion

With the help of graphical representation and statistical operations it could be concluded that Visual Reaction Time of Youth and Senior Kabaddi Players was normal but Youth kabaddi players were much more quicker than Senior Kabaddi Players in Visual Reaction Time.

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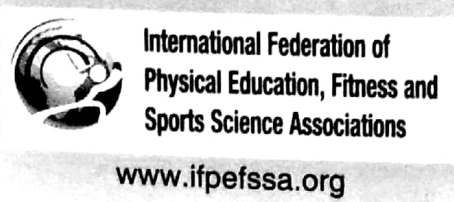
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## Sprint Fatigue Index of Youth and senior Kabaddi Players

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### Abstract

The purpose of the study was to predict the players of kabaddi game from physiological variable like speed and fatigue index pilot study was conducted. Total 100 player selected in two categories were approached through coaches and managers of the team participating in the above mentioned tournaments. Scoring: The fatigue index is calculated by taking the average time of the first three trials and dividing it by the average time of the last three trials. This will give a value approximately between 75 and 95 % with the help of Graphical representation and statistical operation it could be conducted that Fatigue Index of Youth and Senior Kabaddi players was excellent but senior kabaddi player were much more sustainable than youth Kabaddi Players in sprint Fatigue Index.

### Introduction

Kabaddi is basically an outdoor team game, played in the tropical countries of Asia. This indigenous game of India was adopted by other countries in Asia viz. Pakistan, Nepal, Bhutan, Bangladesh Sri Lanka, Maldives, Malaysia recently by Japan and china. The excitement and thrill provided by the game has made it very popular and kabaddi is rightly called the 'Game of the masses', since spectators totally involve themselves and give the player a great deal of encouragement. The game requires no equipment whatsoever, and the rules of the game are very easy to comprehend. This is the reason for the popularity of the game in rural areas. Since rural youth in India can ill - afford sophisticated equipment demanded other sport. The game demands agility muscular co-ordination, breath holding capacity, quick response and a great deal of presence of Mind. Kabaddi was probably invented to develop responses by an individual against group attack and a group's response to an individual attack (15 - 5 - 15) kabaddi is a confrontational team game, played with absolutely no apparatus, in a rectangular court, either outdoor or indoor with seven players on the ground in each side

### Origin

The sport has a long history dating back to Pre- historic time. It was probably invented to ward of group Attack by individuals and vice versa. The game was very popular in the southern part of Asia played in its different forms under different names. The Maharashtra has made an analogy of the game to surround all sites of Abhimanyu by the enemy .ie "Chakravayuyya"

### Forms Of Kabaddi: Amar, Gemini, Sanjeevani

Statement of problem-The purpose of the study was to predict the player of kabaddi game from physiological variable fatigue index among state level senior and junior group of player

Hypothesis- It was hypothesis that senior player of Kabaddi might better than youth player predicted from physiological variable like figure index among state level Kabaddi player

Significant of the study-

This study will help the physical education teachers and coaches to design a specific program to identify the talents which are closely associated with the better Kabaddi performance.

Study will reveal the influence of physiological characteristic like fatigue index on the overall playing ability of kabaddi player.

This result might be utilized as screening instruments in analyzing and classification the Kabaddi Players.

The result of this study will help the young budding researchers to take up similar studies in other areas and discipline

**Delimitation**

The study was confined it to the following aspects,

This study was confined to only male inter district Kabaddi Players from Maharashtra state, India.

The subject for the present study have been delimited to the 100 state level Kabaddi Players only which include 50 seniors and 50 junior players.

The age of the subject ranged from 17 years and onwards.

The study was delimited to the fatigue index as independent variables.

**Limitations**

The variation in plane experience among players due to the fatigue index participation in tournament will be considered as limitations of the study.

Similarly the playing ability difference due to their Fatigue index in the coaching program if any will also be added to the limitations.

Fatigue index is influenced by the factor like food, habits, lifestyle, climatic condition and other environmental factors could not be controlled which may influence the result and hence they may be considered as one of the limitations of the study.

The students were from different social culture and economical status which was considered as limitations for the study.

The response of the subject to the statement in the Fatigue index test would depend upon various factors such as understanding of the test and seriousness and sincerity of the subjects.

No specific motivational techniques were used to encourage the subject to attend their maximum performance during testing

**Methodology**

A pilot study was conducted. The players selected in two categories were approached through coaches and managers of the teams participating in the above mentioned tournament

**Sprint fatigue test**

Marker cones and lines are placed 30 M apart to indicate the sprint distance. Two more cons are place a further 10 meter along on each ends. At the instructions of the timer the subject places there foot at the starting line, then on 'go' two stopwatches are started simultaneously, and the subject sprints maximally for 30m, ensuring that they do not slow down before reaching the finish line. One stopwatch is used to time the sprint; the other continues to run. Record is to be taken for the time of the first sprint. The subject uses the 10 meter cone to slow down and turn. And return to the 30m finishing point, which then becomes the next start line. The next sprint will be in the opposite direction. Each 30m sprint start 30 seconds after the previous run started. This cycle continuous until 10 sprints is completed. Starting at 30 sec, 1 min, 1.5 min, 2 min etc. Afters the start of the first sprint.

**Scoring:** The Fatigue index is calculated by taking the average time of the first three trials and dividing it by the average time of the last three trails. This will give a value approximately between 75 and 95%

**Table 1:- fatigue Index of youth and senior Kabaddi Players**

Sr	Fatigue Index Senior	Youth Fatigue Index	T <sub>cal</sub>
2	Average 89.41	86.99	31.58
3	T <sub>table</sub> value ∞; N <sub>1</sub> +N <sub>2</sub> -2=50+50-2=98 for 98DF T <sub>table</sub> =1.66at 0.05  Level of Significance	1.66	

T<sub>cal</sub> value > T<sub>table</sub> = 1.66at 98DF 0.05 Level of Significance 31.58 > 1.66

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## Importance Of Sports Training

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### Abstract

Sports can be a great way to get in shape or stay that way. Having a specific goal can be a great Motivator. Physically you need strength and endurance. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of fitness activities in your program. Research shows that cross training builds stronger bones. When beginning a program of exercise or must work first on heart endurance. Aerobic endurance. After beginning a program areas. However before beginning any program both athletes and non-athletes should have a checkup, exercise illness in which case medical advice may be sought children will not damage a healthy heart by exercise when they are that they are.

### Introduction

Sport training, our scientifically base and pedagogical organized process which through planned systematic effect on performance ability and performance really first aim at sports perfection and performance improvement as well as the contest of sport competition. Training is the process of preparation for some task "sport training is a pedagogical process based on scientific principles aiming at preparing sportsman for higher performance of sport competition". Training does not make a person muscles torn. Who is an overused expression but assembly it returns to those who train for bodybuilding incredible physical dimension only occur with wealth deliberately set out to hypertrophy the size of various muscles. Normal exercise programs do not have their effect. In fact by reducing fat around the muscle and improving muscles.

### Aims of sports training-

Sports training AIMS at improving the performance of sports person the sport performance depend on several factor like constitution, condition, technique / co-ordination, tactics and personality.

### Methodology -

Training mean are various physical exercises and other object, method and procedure which are used for the improvement maintenance performance capacity and performance readiness. Any material, which can be used to achieve the aim called training means.

Training Method	Training Effect
Prepay means of training physical exercise General exercise . Special exercise competition exercise	Physical fitness technical skill tactical efficiency, physics factor and relaxation
Additional Method Training	
Pedagogical Means : Demonstration Explanation . Verbal Instruction, Task of observation study, Lectures, discussion	Movement concept, feedback, knowledge method abilities achieve participation interest motivation personality
Medical and Physiotherapeutic	
Nutrition . Massage . Hygienic measure Physic therapy, Biochemistry	Healthy recovery and relaxation prevention from infection Rehabilitation judgment of load recovery assessment of training effect
Physiological Method	
Ideo motor training . Autogenous training . Psycho-tonic theory	Technical skill technical efficiency recovery relaxation behavior control removal of psychic preparation
Bio-mechanical	

1. Cinematography 2. Measuring devices	Technical skill assessment feedback figuring bio-mechanical aspect of sport moment
Natural Light, air, water, Weather condition Attitude	Health resistance against infection and disease physical fitness

**Result-**

For getting best possible result planning is essential in all activities, planning is the process of meaning and modifying a plan. Planning is an important method to ensure continuously development of personality and sports performance in the age of high performance

**Discussion-**

Training is complex scientific process it effectiveness depends upon several factor. The discussed here are mainly for use of coaches of sport teachers

**Conclusion-**

Preparation of the sportsman for the main competition is a very important part of the total preparation of the sport man. Physiological preparation aim at enabling the spot Man 2 participate in the competition with an optimum physic state. It process thought other minor like discussion psycho- regulative procedure. Numerous types of fitness training exercises and regimens can improve Performance in sports. The correct combination of activities should builder the fitness components that are" key to high performance in each specific sport. Short bursts of speed for basketball tap different energy systems than long, sustained marathon running, so the exercises and other variables must be manipulated to fit either type of training.

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