



IMPACT OF SPECIFIC TRAINING PROGRAM ON AEROBIC FITNESS AMONG UNIVERSITY HOCKEY PLAYERS

Dr Baljit Singh Sekhon¹, Dr P.V. Shelvam²

¹Deputy Director of Sports and Head, Nagaland University,

²Professor, Department of Physical Education and Sports Sciences, Annamalai University

Abstract

The inspiration driving the examination was to find the effect of specific getting ready on oxygen consuming wellness among school hockey players. To achieve this purpose behind the examination, thirty men hockey players were picked as subjects who were from the distinctive assets, Nagaland University, Lumami. The picked subjects were developed between 19 to 24 years. They were segregated into two proportional social occasions of fifteen each, Group I encountered specific getting ready and Group II went about as control that did not share in any phenomenal planning isolated from their standard amusements and entertainments practices. The subjects were attempted on picked demonstrate factors, for instance, lively wellbeing going before any rapidly after the planning time period. The picked administer variable, for instance, high-impact wellness was measuring via convey run (beep) test. The examination of covariance (ANCOVA) was used to find the important differences accepting any, between the trial assembling and control cluster on picked show variable. The 0.05 level of sureness was settled to test the criticalness, which was considered as a fitting. The outcome of the present examination has revealed that there was a tremendous refinement among the trial and control accumulate on vigorous wellness.

Index Terms: specific training, hockey, university players, aerobic fitness.

I. INTRODUCTION

The basic focus of diversions planning is to weight distinctive generous systems to acknowledge positive alteration with a particular true objective to overhaul wearing execution. To finish this objective, tutors and contenders effectively apply different getting ready norms including over-weight, specificity and development, made through what is routinely named periodization. The utilization of these models incorporates the control of various program design factors including choice of movement, demand of getting ready activities/works out, planning power (load and excess), rest periods among sets and activities/exercises and getting ready repeat and volume in order to give times of jar and recovery, with the viable change of these factors realizing positive modification (1). Diversion specific planning is simply health and execution getting ready created especially for athletic execution change. Getting ready projects for athletic execution update could join such regions as quality, speed, control, duration, flexibility, adaptability, aptitude, mental status (checking target setting), rest, recovery/recuperation frameworks and procedures, support, reclamation, pre-habilitation, and harm chance lessening. A general program should fuse these portions and a more specific program may simply fuse a couple, dependent upon the contender's specific needs (in perspective of characteristics, deficiencies or conceivably ungainly nature) and the solicitations of the diversion they appreciate (2). Hockey is a

gathering of diversions in which two gatherings play against each other by attempting to move a ball or puck into the foe's goal using a hockey stick. In various areas, one amusement (typically field hockey or ice hockey) is all around insinuated similarly as hockey. Field Hockey tutors are consistently careful for drills and capacities that will enhance their players. Further, having the ability to amass those drills with a preparation mean to strengthen those capacities makes everything the more suitable. That will be the target of this guide. Diversion specific planning is simply wellbeing and execution getting ready laid out especially for athletic execution update. Getting ready projects for athletic execution change could join such zones as quality, speed, control, steadiness, flexibility, adaptability, agility, mental status (tallying target setting), rest, recovery/recuperation strategies and systems, food, rebuilding, pre-habilitation, and harm risk reducing. Hockey players are known for their physical strength, status to battle through injuries, spilling limit and capacity with the puck. Players who can persevere through the shots and keep proceeding need strong and flexible bodies. Players must have the size to piece shots and the smartness to take the attack up when they get responsibility for puck. Hockey players ought to be in top-level cardiovascular condition to play the beguilement satisfactorily. Players who pass on an abnormal state of muscle to fat proportion are daydreaming and will back off in the midst of a move and in the late periods of the preoccupation. Players need to keep their muscle to fat proportion level between 6 percent and 12 percent. A "model" look isn't essential, however stomach muscles should be observable (3). An enormous number of contenders the country over are attempting to upgrade their physical make-ups by adjusting their body structure. Specifically, they have to diminish their muscle versus fat. The cardiovascular determination rehearse session is the standard most cherished exercise of choice to finish this target. Various contenders bounce on the treadmill or step machine for 45 minutes to utilize calories and lessening fat stores. Notwithstanding the way that investigation has shown that this approach

might be a sure response for without a moment's hesitation weight diminishment (for about the underlying three months), it may not be the best strategy for whole deal weight decrease and support. Body creation getting ready and quality planning are not enemies, especially not in the whole deal. Be that as it may, notwithstanding for now, quality planning looks good; for the most part, the body accomplishes a level soon. Why hold up until the point that the muscles have decreased in assess because of the cardiovascular high-impact practice and until the point when the moment that the metabolic normal cost for essential things has gone down in perspective of the weight diminishment? If you join quality getting ready with the regular cardiovascular tirelessness rehearse in an organized program, you can make a capable agreeable relationship (4). A man's high-affect health level is destitute upon the measure of oxygen which can be transported by the body to the working muscles by methods for the lungs and blood structure, and the capability of the muscles to use that oxygen. Oxygen devouring Endurance is one of the principal health parts, essential for achievement in many recreations. Certain recreations, for instance, isolate running and marathon, it is the most key physical trademark. In various diverse recreations, including football codes, extraordinary duration is furthermore basic as a noteworthy part of the general health profile. A vote of the best amusements requiring continuation has the obvious ones of olympic style occasions expel sprinters, road cyclists and longer partition swimmers in the best three. There are various techniques for planning to improve your oxygen devouring imperativeness structure (5).

1.1 Objectives of the examination

The rule center of the examination was to survey the impact of particular preparing on high-influence prosperity which would upgrade execution of hockey players. The present examination was wanted to get the information on the men players from different resources of Nagaland University, Lumami.

1.2 Statement of the issue

The motivation driving the examination was to pick the impact of particular preparing program on high-affect wellbeing among Nagaland University hockey players.

1.3 Delimitations

1. The examination was delimited to Nagaland University, Lumami.

2. The examination was delimited to 30 hockey players, their age was 19 to 24 years.

3. The examination was confined to poor people variable is high-affect wellbeing and free factors are particular arranging.

1.4 Significance of the Study

1. The exposures of the examination might be important for school hockey players to apply particular preparing which will help in better success and wellbeing.

2. The exposures of the examination would be useful for the mentors to know the bit of high-affect health influence their execution.

3. The possible results of the examination might be profitable to wellbeing mentors, guides, physical educationist and exercise physiologists to plot fitting preparing custom for different people groups.

II. METHODOLOGY

In the present examination every last one of the understudies thinking about in different resources, Nagaland University, Lumami were considered as individuals for the examination. An authority trial of 30 hockey players in the age of 19-24 years was picked as test for the examination. The picked people were detached into two get-togethers. Social event I experienced particular arranging and amassing II go about as control gathering. The test bunches experienced two months of preparing in their specific exercise. For this examination subordinate variable is high-affect wellbeing.

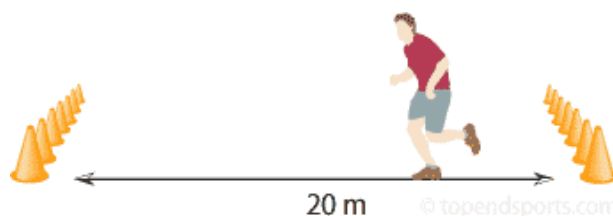
2.1 Test Administration – Aerobic Fitness Test **Transport Run (Beep) Test**

Reason

The motivation behind this test is to decide the vigorous wellness.

Types of gear and Materials

Level, non-slip surface, stamping cones, measuring tape, beep test sound, music player, recording sheets.



Procedure

This test fuses unsurprising running between two lines 20m confined keeping in mind the end goal to recorded beeps. Thus the test is additionally as regularly as conceivable called the 'beep' or 'bleep' test. The people remain behind one of the lines going up against the second line, and start running when educated by the record. The speed toward the begin is especially immediate. The subject keeps running between the two lines, turning when motioned by the recorded beeps. After around one moment, a sound shows an augmentation in speed, and the beeps will be nearer together. This profits with every moment (level). On the off chance that the line is come to before the beep sounds, the subject must hold up until the point that the minute that the beep sounds before proceeding. On the off chance that the line isn't come to before the beep sounds, the subject is given a notice and should keep hustling to the line, by then turn and endeavor to get up to speed with the pace inside two more 'beeps'. The test is finished if the subject neglects to achieve the line (inside 2 meters) for two back to back finishes after a notice.

Scoring

The competitor's score is the level and number of transports (20m) came to before they were not able stay aware of the chronicle. Record the last level finished (not really the level ceased at).

2.2 Analysis of Data

The information got were broke down by examination of covariance (ANCOVA). Investigation of covariance was registered for any number of exploratory gatherings, the

acquired 'F' proportion contrasted and basic F esteem for significance(6).

III. RESULTS

The factual examinations of high-impact wellness because of particular preparing have been introduced in Table I.

Table - I

		<i>Specific Training Group</i>	<i>Control Group</i>	<i>F ratio</i>
<i>Pre Test</i>	<i>Mean</i>	<i>8.48</i>	<i>8.47</i>	<i>0.25</i>
	<i>S D</i>	<i>0.52</i>	<i>0.63</i>	
<i>Post Test</i>	<i>Mean</i>	<i>12.18</i>	<i>8.52</i>	<i>15.36*</i>
	<i>S D</i>	<i>0.94</i>	<i>0.58</i>	
<i>Ad Post Test</i>	<i>Mean</i>	<i>12.22</i>	<i>8.54</i>	<i>28.42*</i>

The table I demonstrates that the oxygen consuming prosperity pre-test systems for particular preparing collecting and control add up to are 8.48 ± 0.52 and 8.47 ± 0.63 independently. The got 'F' degree of 0.25 for pre-test methodologies for oxygen using wellbeing was not basic at .05 levels displaying that the two social events were no tremendous variety. The post-test procedures for particular preparing amassing and control add up to are 12.18 ± 0.94 and 8.52 ± 0.58 autonomously. The obtained 'F' degree of 15.36 for post-test methodologies for high-influence wellbeing was a fundamental at .05 levels showing that the two parties were basic combination. The balanced post-test systems for particular preparing gathering and control accumulate are 12.22 and 8.54 independently. The secured 'F' degree of 28.42 for balanced post-test methodologies for oxygen expending wellbeing was significance.

IV. DISCUSSION/CONCLUSION

The aftereffects of the examination demonstrated that there were noteworthy contrasts between control gathering and particular preparing gathering. The two months of trial treatment altogether effect on high-impact wellness in college hockey players. The above outcomes are bolstered by Pul-lam Wong and others (7), Uppal and Tundian (8) and Selvapandian and Pushparajan (9).

V. REFERENCES

- [1] Bucher, Charles A. and Prentice, William, Fitness for College and Life, Toronto: The C V Mosby Company, (1985).
- [2] Corbin, Charles A. furthermore, Ruth Lindsey, Concept of Physical Fitness, USA: Times Mirror Higher Education Groups Inc., (1997).
- [3] www.livestrong.com > Sports and Fitness-Body qualities of hockey players, Feb 6, 2014.
- [4] Dick, Frank. W, Sports Training Principles, London: An and C Block Publishers Ltd., (1997).
- [5] Kenny, W. Larry, Willmore, Jack H. furthermore, Costill, David L., Principles of Exercise Training: Physiology of Sport and Exercise, Champaign, Illinois: Human Kinetics, (1994).
- [6] David H. Clarke and H. Harrison Clarke, Advanced Statistics, (New Jersey: Prentice H all Inc., 1988).
- [7] Pul-lam Wong, Karim Chari and Ulrik Wilsoff, "Impacts of 12 week on field consolidated quality and power preparing on physical execution among U-14young soccer players", J Strength Cond., 2010, 24(3): 644-652.
- [8] Uppal A.K. what's more, Tundian U.S., "Relative impacts of various frequencies of intense exercise on cardio respiratory continuance", SNIPES Journal, 1984, 7(1): 72-76.
- [9] D Selvapandian and A. Pushparajan, "Impact of Hockey Specific Training on Physical Fitness Variables of Male Inter Collegiate Hockey Players", International Journal of Innovative Research and Development, Volume 1, Issue 3, June 2012,270-273.