

**APPENDIX A**

**RAW SCORES ON SPEED**

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	7.1	7.0	7.4	7.1	7.1	7.0
2	6.9	6.8	7.3	7.2	6.9	6.9
3	7.2	7.0	7.4	7.1	7.0	7.1
4	7.4	7.1	7.3	7.3	7.2	7.2
5	7.3	7.1	6.9	6.7	7.1	7.1
6	7.3	7.1	7.2	7.0	7.0	6.9
7	7.1	7.0	7.4	7.1	7.1	7.0
8	6.9	6.8	7.3	7.2	6.9	6.9
9	7.2	7.0	7.4	7.1	7.0	7.1
10	7.4	7.1	7.3	7.3	7.2	7.2
11	7.3	7.1	6.9	6.7	7.1	7.0
12	6.9	6.6	7.1	7.0	7.3	7.3
13	6.9	6.7	7.2	7.0	7.4	7.5
14	7.0	6.8	6.8	6.5	7.1	7.0
15	7.1	7.0	7.2	7.0	6.9	6.9
16	6.9	6.7	7.0	6.8	7.4	7.2
17	7.2	7.0	6.9	6.7	7.1	7.0
18	7.0	6.8	6.9	6.7	6.9	6.9
19	7.1	6.9	7.1	6.9	7.4	7.2
20	7.1	6.9	7.0	6.8	7.1	7.0

## APPENDIX B

### RAW SCORES ON EXPLOSIVE POWER

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	2.1	2.2	2.4	2.5	2.3	2.3
2	2.3	2.3	2.1	2.1	2.1	2.1
3	2.3	2.3	2.1	2.2	2.2	2.2
4	2.4	2.3	2.4	2.4	1.9	2.1
5	2.3	2.3	2.2	2.3	2.2	2.1
6	2.2	2.2	2.3	2.4	2.2	2.2
7	2.2	2.2	2.1	2.3	2.1	2.1
8	2.1	2.2	2.5	2.5	2.0	2.0
9	2.1	2.2	2.0	2.0	2.2	2.2
10	2.4	2.4	2.6	2.6	2.1	2.0
11	2.0	2.1	2.3	2.4	2.1	2.1
12	2.4	2.5	2.4	2.4	2.2	2.2
13	2.2	2.3	2.3	2.3	2.2	2.2
14	2.3	2.3	2.5	2.6	2.2	2.2
15	2.5	2.5	2.2	2.2	2.6	2.5
16	2.1	2.1	2.5	2.6	2.4	2.4
17	2.2	2.3	2.1	2.1	2.2	2.2
18	2.4	2.4	2.3	2.3	2.1	2.1
19	2.1	2.2	2.3	2.3	2.1	2.0
20	2.4	2.3	2.4	2.5	2.3	2.2

### APPENDIX C

#### RAW SCORES ON CARDIOVASCULAR ENDURANCE

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	1815.0	2350.0	1850.0	1965.0	1950.0	1900.0
2	1900.0	2230.0	2000.0	2050.0	1700.0	2050.0
3	1730.0	2115.0	2050.0	1880.0	2100.0	2100.0
4	1915.0	2120.0	1800.0	2065.0	1750.0	1850.0
5	1720.0	1805.0	1650.0	1870.0	1875.0	1900.0
6	1625.0	1915.0	1825.0	1775.0	1725.0	1875.0
7	1860.0	2000.0	1750.0	2010.0	1800.0	1800.0
8	1800.0	2070.0	1675.0	1950.0	1900.0	1725.0
9	2010.0	2050.0	1875.0	2160.0	2100.0	1925.0
10	1775.0	2105.0	1725.0	1925.0	1950.0	1775.0
11	1850.0	2015.0	1625.0	1865.0	1750.0	1850.0
12	2000.0	2100.0	1860.0	1950.0	1875.0	1700.0
13	2050.0	1930.0	1800.0	2020.0	1725.0	1875.0
14	1800.0	2115.0	2010.0	2000.0	1950.0	1900.0
15	1650.0	1920.0	1775.0	2055.0	1700.0	2050.0
16	1825.0	1825.0	1850.0	1965.0	2100.0	2100.0
17	1750.0	2060.0	1775.0	2055.0	1875.0	1900.0
18	1675.0	2000.0	1850.0	1965.0	1725.0	1875.0
19	1875.0	2210.0	2000.0	2050.0	1800.0	1800.0
20	1725.0	1975.0	2050.0	1880.0	1900.0	1725.0

**APPENDIX D**

**RAW SCORES ON ARM STRENGTH**

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	5.0	6.0	6.0	7.0	6.0	6.0
2	6.0	7.0	8.0	8.0	7.0	7.0
3	9.0	9.0	7.0	7.0	6.0	6.0
4	8.0	9.0	6.0	7.0	8.0	8.0
5	7.0	8.0	6.0	6.0	6.0	6.0
6	6.0	7.0	8.0	8.0	7.0	7.0
7	5.0	6.0	7.0	8.0	8.0	8.0
8	8.0	9.0	8.0	8.0	6.0	6.0
9	6.0	7.0	9.0	9.0	7.0	8.0
10	7.0	8.0	6.0	7.0	9.0	8.0
11	6.0	7.0	8.0	8.0	6.0	6.0
12	8.0	8.0	8.0	8.0	8.0	7.0
13	6.0	7.0	6.0	7.0	9.0	8.0
14	7.0	8.0	7.0	7.0	7.0	7.0
15	8.0	8.0	9.0	9.0	8.0	8.0
16	6.0	7.0	8.0	8.0	6.0	6.0
17	7.0	8.0	6.0	7.0	7.0	7.0
18	6.0	7.0	7.0	7.0	9.0	8.0
19	8.0	8.0	6.0	7.0	6.0	7.0
20	9.0	9.0	7.0	8.0	7.0	7.0

**APPENDIX E**

**RAW SCORES ON RESTING PULSE RATE**

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	66.0	64.0	70.0	67.0	66.0	66.0
2	70.0	68.0	69.0	64.0	64.0	67.0
3	65.0	66.0	66.0	70.0	67.0	68.0
4	68.0	65.0	70.0	67.0	69.0	70.0
5	69.0	63.0	65.0	65.0	67.0	67.0
6	67.0	64.0	68.0	66.0	65.0	68.0
7	65.0	67.0	69.0	65.0	62.0	62.0
8	68.0	66.0	67.0	68.0	69.0	71.0
9	67.0	65.0	65.0	69.0	68.0	70.0
10	68.0	65.0	68.0	64.0	65.0	66.0
11	66.0	63.0	67.0	65.0	69.0	69.0
12	63.0	65.0	68.0	70.0	67.0	68.0
13	70.0	69.0	67.0	71.0	67.0	69.0
14	69.0	66.0	68.0	69.0	68.0	68.0
15	64.0	67.0	66.0	62.0	72.0	74.0
16	66.0	65.0	63.0	67.0	64.0	64.0
17	65.0	63.0	70.0	66.0	67.0	69.0
18	69.0	67.0	69.0	68.0	72.0	73.0
19	63.0	64.0	66.0	65.0	72.0	72.0
20	69.0	68.0	70.0	70.0	68.0	68.0

**APPENDIX F**

**RAW SCORES ON ANAEROBIC POWER**

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	85.3	89.6	85.3	86.1	84.5	83.3
2	62.2	65.1	61.0	60.3	88.2	88.3
3	82.4	86.3	78.5	81.5	80.0	81.0
4	78.3	81.2	78.2	77.1	62.1	63.1
5	68.5	78.5	94.0	96.2	79.5	81.5
6	73.2	76.5	73.5	74.4	82.7	82.7
7	58.3	60.5	53.2	54.1	65.5	66.6
8	65.3	72.3	74.7	76.5	83.2	84.2
9	71.2	75.6	72.1	73.2	71.5	73.9
10	86.2	90.1	85.2	86.9	95.1	94.0
11	82.4	86.3	78.5	77.1	65.5	64.3
12	89.0	91.2	78.2	82.3	89.0	89.0
13	83.5	93.5	71.2	74.4	83.5	79.5
14	67.4	76.5	73.5	54.1	67.4	72.1
15	83.5	86.6	73.2	76.5	83.5	72.9
16	83.2	85.3	74.7	73.2	63.5	63.1
17	81.5	85.6	74.7	86.9	81.5	81.5
18	88.1	90.1	72.1	76.5	95.1	95.2
19	78.5	82.3	85.2	83.2	85.5	86.5
20	73.2	75.6	78.5	86.9	89.0	90.0

## APPENDIX G

### RAW SCORES ON VO<sub>2</sub> MAX

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	46.6	52.1	38.6	48.3	37.7	38.3
2	36.8	41.2	43.2	45.0	39.4	40.3
3	44.8	50.3	40.8	48.1	40.3	41.0
4	40.3	45.9	39.4	40.6	36.6	35.4
5	43.2	49.9	37.7	44.1	42.6	42.1
6	33.9	39.4	39.4	41.0	38.3	39.9
7	35.9	41.4	40.3	46.6	47.0	46.6
8	40.8	47.7	36.6	39.2	41.0	42.1
9	35.7	41.2	42.6	44.1	53.0	51.0
10	40.1	45.7	38.3	41.9	39.9	41.0
11	36.8	42.3	47.0	51.0	35.7	36.8
12	44.8	50.3	41.0	45.0	40.1	42.1
13	41.0	46.6	53.0	53.2	36.8	37.7
14	43.2	52.1	39.9	42.1	44.8	42.1
15	40.6	46.1	50.3	41.0	41.0	41.0
16	47.2	52.8	43.0	46.6	43.2	42.1
17	40.8	48.6	34.1	39.2	40.6	39.9
18	40.6	46.1	39.4	44.1	47.2	44.3
19	36.8	42.3	37.7	41.9	40.8	39.9
20	44.8	50.3	42.6	51.0	40.6	42.1

**APPENDIX H****RAW SCORES ON BREATH HOLDING TIME**

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	47.0	58.0	46.0	54.0	40.0	45.0
2	39.0	50.0	49.0	57.0	46.0	43.0
3	51.0	58.0	38.0	44.0	38.0	39.0
4	42.0	58.0	43.0	54.0	48.0	42.0
5	29.0	39.0	29.0	36.0	37.0	36.0
6	28.0	42.0	30.0	41.0	40.0	39.0
7	31.0	39.0	29.0	38.0	45.0	44.0
8	40.0	49.0	38.0	46.0	25.0	29.0
9	41.0	50.0	38.0	41.0	29.0	31.0
10	42.0	50.0	50.0	55.0	30.0	30.0
11	38.0	46.0	57.0	65.0	40.0	41.0
12	44.0	53.0	44.0	55.0	29.0	26.0
13	58.0	65.0	38.0	45.0	30.0	29.0
14	51.0	60.0	46.0	54.0	42.0	38.0
15	39.0	48.0	49.0	57.0	47.0	43.9
16	42.0	58.0	43.0	54.0	48.0	42.0
17	29.0	39.0	29.0	36.0	37.0	36.0
18	28.0	42.0	30.0	41.0	40.0	39.0
19	31.0	39.0	29.0	38.0	45.0	44.0
20	40.0	49.0	38.0	46.0	25.0	29.0



## TABLE OF CONTENTS

	<b>Page</b>
Topic	i
Certificate by the Supervisor	ii
Declaration by the Scholar	iii
Dedication	iv
Acknowledgement	v
List of Tables	x
List of Illustrations	xi
List of Appendices	xii
<b>CHAPTER I INTRODUCTION</b>	<b>1-43</b>
1.1 Sports Training	3
1.2 Methods of Training	4
1.3 Effects of Training	5
1.4 Intensity	6
1.5 Exercise Intensity	9
1.6 The Selection of Exercise Intensities	11
1.7 Intensities of Training and Its Effects	12
1.8 Effects of Training	13
1.9 Frequencies of Training	14
1.10 Weight Training	15
1.10.1 Weight Training Exercises	17
1.10.2 Muscle Fibre Hypertrophy	17
1.10.3 Benefits of Weight Training	18
1.11 Motor Ability Components	19
1.11.1 Gross Motor Skills	19
1.11.2 Fine Motor Skills	20
1.11.3 Graphomotor Skills	20
1.11.4 Perceptual Motor Skills	20
1.12 Motor Fitness	21
1.13 The Components of Motor Fitness	21
1.13.1 Strength	22
1.13.1.1 Maximum Strength	23
1.13.1.2 Elastic Strength	23
1.13.1.3 Strength Endurance	23
1.13.1.4 Development of Strength	24
1.13.2 Endurance	24
1.13.2.1 Aerobic Endurance	25
1.13.2.2 Anaerobic Endurance	25
1.13.2.3 Development of Endurance	26
1.13.3 Speed	26

## TABLE OF CONTENTS

	PAGE
1.13.3.1 Development of Speed	27
1.13.4 Flexibility	27
1.13.5 Co-Ordination	28
1.14 Physiology	29
1.14.1 Importance of Physiology	31
1.14.2 Resting Pulse Rate	31
1.14.3 Vo <sub>2</sub> Max	32
1.14.4 Anaerobic Power	33
1.14.5 Breath Holding Time	34
1.15 Reason For The Selection of The Topic	34
1.16 Statement of The Problem	35
1.17 Hypotheses	36
1.18 Significance of The Study	37
1.19 Delimitation	39
1.20 Limitations	40
1.21 Definition of Terms	40
<b>CHAPTER II REVIEW OF RELATED LITERATURE</b>	<b>44-80</b>
2.1 Reviews on Weight Training	44
2.2 Reviews on Varied Intensity And Frequencies	55
2.3 Reviews on Motor Ability Components	66
2.4 Reviews on Physiological Variables	74
2.5 Summary of Related Literature	80
<b>CHAPTER III METHODOLOGY</b>	<b>81-113</b>
3.1 Selection of Subjects	81
3.2 Selection of Variables	82
3.2.1 Dependent Variables	82
3.2.2 Independent Variables	82
3.3 Experimental Design	83
3.4 Pilot Study	84
3.5 Criterion Measures	84
3.6 Reliability of Data	86
3.7 Reliability of Instruments	86
3.8 Tester's Reliability	87
3.9 Subject Reliability	87
3.10 Training Programme	88
3.10.1 Determination of One Repetition Maximum (1 Rm)	89

## TABLE OF CONTENTS

	PAGE
3.11 Description of Weight Lifting Exercises	90
3.11.1 Military Press	90
3.11.2 Barbell Curls	93
3.11.3 Bench Press	95
3.11.4 Lying Tricep Extension	97
3.11.5 Barbell Rows	99
3.11.6 Squats	101
3.11.7 Standing Calf Raises	103
3.11.8 Leg Press	105
3.12 Test Administration	107
3.12.1 Motor Ability Components	107
3.12.1.1 Speed (50 Meters)	107
3.12.1.2 Explosive Power	108
3.12.1.3 Endurance (12 Minutes Run / Walk)	108
3.12.1.4 Arm Strength	109
3.12.2 Physiological Variables	110
3.12.2.1 Resting Pulse Rate	110
3.12.2.2 $VO_2$ Max	110
3.12.2.3 Margaria – Kulamen Power Test To Measure Anaerobic Power	111
3.12.2.4 Breath Holding Time	112
3.13 Collection of Data	113
3.14 Statistical Technique	113
<b>CHAPTER IV RESULTS AND DISCUSSIONS</b>	<b>113-168</b>
4.1 Overview	114
4.2 Test of Significance	115
4.2.1 Level of Significance	116
4.3.1 Results on Speed	117
4.3.1.2 Discussions on Findings	121
4.3.2 Results on Explosive Power	123
4.3.2.2 Discussions on Findings	127
4.3.3 Results on Cardiovascular Endurance	128
4.3.3.2 Discussions on Findings	133
4.3.4 Results on Arm Strength	134
4.3.4.2 Discussions on Findings	139
4.3.5 Results on Resting Pulse Rate	141
4.3.5.2 Discussions on Findings	145
4.3.6 Results on $VO_2$ Max	146
4.3.6.2 Discussions on Findings	151

<b>TABLE OF CONTENTS</b>		<b>PAGE</b>
4.3.7	Results on Anaerobic Power	152
4.3.7.2	Discussions on Findings	157
4.3.8	Results on Breath Holding Time	159
4.3.8.2	Discussions on Findings	163
4.4	Discussions on Hypotheses	164
<b>CHAPTER V</b>	<b>SUMMARY CONCLUSIONS AND RECOMMENDATIONS</b>	<b>169-176</b>
5.1	Summary	169
5.2	Conclusions	173
5.3	Recommendations of The Study	175
5.4	Suggestions For Further Research	176
<b>BIBLIOGRAPHY</b>		<b>177</b>
	Books	177
	Journals And Periodicals	178
	Unpublished Thesis	183
	Websites Visited	183