

Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effects of SAQ training, circuit resistance training and plyometric training on selected motor fitness variables namely muscular strength, muscular endurance, speed, speed endurance, leg explosive power, agility and cardio respiratory endurance among inter collegiate men football players.. To achieve this purpose of the study, sixty college men students from KLN College of Information Technology, Madurai, Tamil Nadu, India were randomly selected as subjects. The age, height and weight of the selected subjects were ranged from 18 to 24 years, 162 to 175 cm and 51 to 67 kilogram respectively. The selected subjects were divided into four equal groups of fifteen subjects each at random, Group I underwent SAQ training, Group II underwent circuit resistance training, Group III underwent plyometric training and Group IV acted as control. The experimental group namely SAQ training group (Group I), circuit resistance training group (Group II) and plyometric training group (Group III) underwent their respective training programmes for three sessions (days) per week for twelve weeks. And Group IV acted as control group in which they did not undergo any special training programme apart from their regular programme of curriculum. The following motor fitness variables namely muscular strength, muscular endurance, speed, speed endurance, leg explosive power, agility and cardio respiratory endurance were selected as criterion variables. SAQ training, circuit resistance training and plyometric training were selected as independent variables. All the subjects of four groups were tested on selected criterion

variables at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyse the significant difference, if any among the groups. Since, four groups were compared, whenever the obtained 'F' ratio for adjusted post test was found to be significant, the Scheffe's test to find out the paired mean differences, if any. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate.

5.2 CONCLUSIONS

Based on the results of the study, the following conclusions were drawn.

1. There was a significant difference among SAQ training, circuit resistance training, plyometric training and control groups on selected motor fitness variables namely muscular strength, muscular endurance and cardio respiratory endurance among inter collegiate men football players.
2. There was a significant difference among SAQ training, circuit resistance training, plyometric training and control groups on selected motor fitness variables namely speed, speed endurance and agility among inter collegiate men football players.
3. There was a significant difference among SAQ training, circuit resistance training, plyometric training and control groups on cardio respiratory endurance among inter collegiate men football players.
4. There was a significant improvement on motor fitness variables namely muscular strength, muscular endurance, speed, speed endurance,

leg explosive power, agility and cardio respiratory endurance due to SAQ training, circuit resistance training and plyometric training.

5. The improvement on muscular strength, muscular endurance and cardio respiratory endurance was in favour for circuit resistance training group,
6. The improvement on speed, speed endurance and agility was in favour for SAQ training.
7. The improvement on leg explosive power was in favour for plyometric training.

5.3 RECOMMENDATIONS

Based on the conclusions, the following recommendations were made.

1. The results of the study gave idea to the coaches, physical educationist to know the effects of SAQ training, circuit resistance training and plyometric training on selected criterion variables.
2. A similar study can be conducted with female subjects.
3. Similar studies may be conducted by adding much number of physical and physiological variables.
4. Similar study may be conducted with bio mechanical and bio chemical variables.