CHAPTER- V

SUMMARY CONCLUSION AND RECOMMENDATION

5.1. SUMMARY

The purpose of the study is 90 college men students will be selected at random from Various Colleges of Kanchipuram District. The age of the subject ranged from 18 to 25 years. The selected subjects will be divided into three equal groups randomly. Experimental Group – I National Cadet Corps Training (30-subjects), Group – II Physical Fitness Training (30-subjects), and Control Group-III not exposed to any Experimental Training (30 subjects). The experimental design used for the study was a random group design involving 90 subjects, who were divided into two equal groups such as National Cadet Corps Training (30-subjects), Group – II Physical Fitness Training (30-subjects), and Control Group-III not exposed any Experimental Training (30 subjects). Both the group were tested prior (pre-test) and after Sixteen weeks (post-test) on Anthropometric Variables, Height, Weight, Chest Circumference, Motor fitness variables, Speed, Agility, Flexibility, Cardiovascular Endurance, Explosive Power, and Physiological variables, Resting Heart Rate, Breath Holding Time, Vo_2 max. The study aimed to find out the effect of training n selected criterion variables. The analysis of covariance (ANCOVA) was used to find out that Scheffe's post-hoc test will be used significant differences if any, between the groups on selected criterion variables separately.). In all the cases. 0.05 level of confidence was fixed at the level of confidence to test the hypotheses.

5.2. CONCLUSIONS

Within the limitations of the study, the following conclusions were drawn

1. It was concluded that there would be a significant improvement on selected Anthropometric variables due to National cadet corps Training among college NCC students.

2. It was concluded that there would be a significant improvement on selected Motor fitness variables due to National cadet corps Training among college NCC students.

3. It was concluded that there would be a significant improvement on selected Physiological variables due to National cadet corps Training among college NCC students.

4. It was concluded that there would be a significant improvement on selected Anthropometric variables due to Physical fitness Training among college NCC students.

5. It was concluded that there would be a significant improvement on selected Motor fitness variables due to Physical fitness Training among college NCC students.

6. It was concluded that there would be a significant improvement on selected Physiological variables due to Physical fitness Training among college NCC students.

5.3 RECOMMENDATIONS

1. In the present study the effect of National Cadet Corps Training and Physical fitness Training, Anthropometric motor fitness, and Physiological variables of National Cadet Corps training with Physical fitness training have a significant improvement on the criterion variables of men college students. Thus all the two pieces of training will be useful to college men students in developing the selected variables.

2. In the present study the effect of National Cadet Corps Training and Physical fitness Training, Anthropometric motor fitness, and Physiological variables is explained positively of Men college students. Coaches, Physical Education teachers, and NCC officers can prefer this type of training to achieve their task in fitness.

3. The results of the study National Cadet Corps Training and Physical fitness Training have a significant improvement on the criterion variables of Men college students. So the same training may be implemented for college college-level Cadets and school-level female NCC cadets.

4. The National Cadet Corps training develops the overall personality of the students. It is the responsibility of NCC Officers to develop the overall fitness among students. National Cadet Corps Training and Physical fitness Training has significantly improved Anthropometric motor fitness and Physiological variables of Men college students. So the same training may be implemented for college-level students and NCC cadets.

5. Based on the expectations of the students, the trainer may adopt this training and maybe implement it weekly, bi-weekly, or monthly depending upon the individuals' needs for better benefit.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

7. In the following areas, then further work can be carried out.
8. The present study can be conducted on students and NCC cadets of a different gender.
9. The Anthropometric Motor fitness and Physiological adaptions among men and women towards the variables of National cadet corps Training and Physical fitness Training will have certain differences.
10. Therefore the study may be conducted.