

TABLE OF CONTENTS

| | Page |
|---|-------------|
| Title Page | i |
| Certificate by the Supervisor | ii |
| Declaration by the Scholar | iii |
| Dedication | iv |
| Acknowledgement | v |
| Content | viii |
| List of Tables | xiv |
| List of Figures | xvi |
| List of Appendices | xvii |
| CHAPTER – I INTRODUCTION | 1-33 |
| 1.1 Sports Training | 2 |
| 1.2 Principles of Training | 2 |
| 1.2.1 Individuality | 3 |
| 1.2.2 Specificity of Training | 4 |
| 1.2.3 Progressive Overloads Training | 5 |
| 1.2.4 Adaptations of Training | 5 |
| 1.2.5 Reversibility of Training | 6 |
| 1.2.6 Warm-up and Cool Down | 7 |
| 1.3 Bicycle Ergometer | 8 |
| 1.3.1 Intensity | 10 |
| 1.3.2 Importance of Intensities of Training | 10 |
| 1.3.3 Intensity zones | 11 |
| 1.3.4 Frequency | 11 |

TABLE OF CONTENTS (continued)

| | Page | |
|--------|---|----|
| 1.3.5 | Importance of Frequency of Training | 12 |
| 1.4 | Physical Parameters and its Importance | 12 |
| 1.5 | Physiological Parameters and its Importance | 14 |
| 1.5.1 | Resting Heart Rate | 14 |
| 1.5.2 | Blood Pressure | 15 |
| 1.5.3 | Maximal Oxygen Uptake | 16 |
| 1.5.4 | Body Composition | 17 |
| 1.6 | Biochemical Parameters and its Importance | 18 |
| 1.6.1 | Triglycerides | 19 |
| 1.6.2 | High Density Lipoprotein | 20 |
| 1.6.3 | Low Density Lipoprotein | 21 |
| 1.6.4 | Hemoglobin | 22 |
| 1.7 | Volleyball | 23 |
| 1.8 | Need of the Study | 24 |
| 1.9 | Statement of the Problem | 25 |
| 1.10 | Hypotheses | 25 |
| 1.11 | Significance of the Study | 27 |
| 1.12 | Delimitations | 28 |
| 1.13 | Limitations | 29 |
| 1.14 | Definition and Explanation of the Terms | 30 |
| 1.14.1 | Explosive Power | 30 |
| 1.14.2 | Muscular Endurance | 30 |
| 1.14.3 | Speed | 30 |
| 1.14.4 | Agility | 30 |

TABLE OF CONTENTS (continued)

| | Page |
|--|-----------------|
| 1.14.5 Resting Heart Rate | 31 |
| 1.14.6 Mean Arterial Blood Pressure | 31 |
| 1.14.7 Maximal Oxygen Uptake (VO ₂ Max) | 31 |
| 1.14.8 Percent Body Fat | 32 |
| 1.14.9 Triglycerides | 32 |
| 1.14.10 High Density Lipoprotein | 33 |
| 1.14.11 Low Density Lipoprotein | 33 |
| 1.14.12 Hemoglobin | 33 |
| CHAPTER – II REVIEW OF RELATED LITERATURE | 34 – 87 |
| 2.1 Studies Showing the Effect of Exercise on Physical Parameters | 35 |
| 2.2 Studies Showing the Effect of Exercise on Physiological Parameters | 50 |
| 2.3 Studies Showing the Effect of Exercise on Biochemical Parameters | 69 |
| 2.4 Other Studies Related to Volleyball Players | 82 |
| 2.5 Summary of the Literature | 87 |
| CHAPTER- III METHODOLOGY | 88 – 116 |
| 3.1 Selection of Subjects | 88 |
| 3.2 Selection of Variables | 89 |
| 3.2.1 Dependent variables | 89 |
| 3.2.2 Independent Variables | 90 |
| 3.3 Experimental Design | 91 |
| 3.4 Pilot Study | 91 |

TABLE OF CONTENTS (continued)

| | | Page |
|--------|--|-------------|
| 3.5 | Criterion Measures | 92 |
| 3.6 | Orientation of Subjects | 93 |
| 3.7 | Reliability of Data | 94 |
| 3.8 | Instruments Reliability | 94 |
| 3.9 | Tester's Reliability | 94 |
| 3.10 | Test Administration of Physical Variables | 96 |
| 3.10.1 | Vertical Jump Test | 96 |
| 3.10.2 | Sit-Up Test | 97 |
| 3.10.3 | 50- Metre Dash | 98 |
| 3.10.4 | Agility T- Test | 99 |
| 3.11 | Measurement of Physiological Variables | 100 |
| 3.11.1 | Resting Heart Rate | 100 |
| 3.11.2 | Mean Arterial Blood Pressure | 101 |
| 3.11.3 | Step Test (VO ₂ max Assessment) | 102 |
| 3.11.4 | Assessment of Percent Body Fat | 105 |
| 3.12 | Measurement of Biochemical Variables | 106 |
| 3.12.1 | Estimation of Triglycerides | 107 |
| 3.12.2 | Estimation of High Density Lipoprotein | 108 |
| 3.12.3 | Estimation of Low Density Lipoprotein | 109 |
| 3.12.4 | Estimation of Hemoglobin | 109 |
| 3.13 | Training Programme | 110 |
| 3.13.1 | Bicycle Ergometer Training | 111 |
| 3.13.2 | Test Administration | 111 |

TABLE OF CONTENTS (continued)

| | Page | |
|-------------------|---|------------------|
| 3.13.3 | Assessment of Maximal Work | 114 |
| 3.13.4 | Load Dynamics | 114 |
| 3.14 | Statistical Techniques | 115 |
| CHAPTER-IV | RESULTS AND DISCUSSIONS | 117 – 206 |
| 4.1 | Overview | 117 |
| 4.2 | Test of Significance | 117 |
| 4.3 | Level of Significance | 118 |
| 4.4 | Computation of Analysis of Covariance and Post Hoc Test on Selected Dependent Variables | 119 |
| 4.4.1 | Results on Explosive Power | 121 |
| 4.4.1.1 | Discussion on the Findings of Explosive Power | 125 |
| 4.4.2 | Results on Muscular Endurance | 129 |
| 4.4.2.1 | Discussion on the Findings of Muscular Endurance | 133 |
| 4.4.3 | Results on Speed | 136 |
| 4.4.3.1 | Discussion on the Findings of Speed | 140 |
| 4.4.4 | Results on Agility | 144 |
| 4.4.4.1 | Discussion on the Findings of Agility | 148 |
| 4.4.5 | Results on Resting Heart Rate | 151 |
| 4.4.5.1 | Discussion on the Findings of Resting Heart Rate | 155 |
| 4.4.6 | Results on Mean Arterial Blood Pressure | 158 |
| 4.4.6.1 | Discussion on the Findings of Mean Arterial Blood Pressure | 162 |
| 4.4.7 | Results on Maximal Oxygen Uptake (VO ₂ Max) | 165 |

TABLE OF CONTENTS (continued)

| | Page |
|---|----------------|
| 4.4.7.1 Discussion on the Findings of Maximal Oxygen Uptake (VO ₂ Max) | 169 |
| 4.4.8 Results on Percent Body Fat | 172 |
| 4.4.8.1 Discussion on the Findings of Percent Body Fat | 176 |
| 4.4.9 Results on Triglycerides | 179 |
| 4.4.9.1 Discussion on the Findings of Triglycerides | 183 |
| 4.4.10 Results on High Density Lipoprotein | 186 |
| 4.4.10.1 Discussion on the Findings of High Density Lipoprotein | 190 |
| 4.4.11 Results on Low Density Lipoprotein | 193 |
| 4.4.11.1 Discussion on the Findings of Low Density Lipoprotein | 197 |
| 4.4.12 Results on Hemoglobin | 200 |
| 4.4.12.1 Discussion on the Findings of Hemoglobin | 203 |
| 4.5 Discussions on Hypotheses | 204 |
| CHAPTER- V SUMMARY, CONCLUSIONS AND RECOMMANDATIONS | 209-212 |
| 5.1 Summary | 209 |
| 5.2 Conclusions | 210 |
| 5.3 Recommendations | 211 |
| 5.4 Suggestions for further Research | 212 |
| BIBLIOGRAPHY | 213-225 |
| Text Book | 213 |
| Journals and Periodicals | 215 |
| Websites Visited | 225 |
| APPENDICES | 226-238 |