



Cover Page



IMPACT OF EIGHT WEEKS HIGH INTENSITY SPORTS TRAINING ON ENDURANCE ABILITY AMONG ATHLETES OF VIJAYAPUR DISTRICT

Mr. Sanjayakumar S Awati

Physical Education Director

Shri Sangameshwar Arts and Commerce College, Chadchan

Di-Vijayapura, Karnataka, India

Abstract

The present study aimed to investigate the *impact of eight weeks of interval training on cardiovascular endurance* among athletes of Vijayapura District. A total of fifty male athletes were selected as subjects and participated in a structured interval training program for eight weeks, conducted five days per week with progressive intensity and workload. Cardiovascular endurance was assessed using the Cooper 12-minute run test during both pre-test and post-test sessions. The collected data were analyzed statistically using mean, standard deviation, and t-test to examine the significance of improvements in endurance performance. The findings of the study revealed a significant increase in cardiovascular endurance following the interval training program, indicating its effectiveness in improving aerobic capacity, heart efficiency, and overall stamina. The study concluded that systematic and well-planned interval training greatly enhances cardiovascular fitness and is highly beneficial for athletes aiming to improve endurance and sports performance.

Keywords: Interval Training, Cardiovascular Endurance

SPORTS TRAINING

Sports training systematic process extends over a long period. For best result, the system of training has to be based and conducted on scientific facts and lines where it is not possible to do that, the training has to be based on the results of successful practice which has withstood the test of time sports. Physical training aims at improving the performance of sports persons. The sports performance depends on several factors. The performance of a sports person primarily depends on his capacity, such as speed, strength and endurance. All these factors therefore are the principal aims of physical training. Sport training is a physical, technical, moral and intellectual participation of an athlete with the help of physical exercise. It is a planned process for the participation of an athlete and player, to achieve top level performance. In developing the physical, motor and performance related components in football, basketball, generally the player is treated with varied form of training such as stretching exercise, resistance, plyometric training, interval training, speed based training and combination of different training module of these the training modules used in the present study are explained below briefly

CONCEPT OF SPORTS TRAINING

Sport training is a basic preparation of sportsman for better performance through physical exercise. It is based on the scientific principles aiming at education, improvement of general health and organic functions as -well as increasing the strength and stability of the muscular-skeletal system and enhanced performance. Development of motor skill is also one of the objectives of sports training. Sports activities consist of motor movement and action and their success depends largely on how correctly they are performed. Techniques of training and improvement of tactical efficiency play a vital role in training process It must be understood on a wider sense since physical exercises undoubtedly are the principal means to improve performance. But the sports performance is improved by other means also which should be include the concept of sports training. Such means, which are most commonly used along with physical exercise, are theoretical instruction, discussions, tasks of observations, physiotherapeutic measure for recovery from fatigue, psycho regulative procedure and so on. These means and the physical exercise, actual training process is used in a complex integrated manner. In reality, we cannot separate physical exercise from other means. Hence the concept of sports training must include all the means for the



Cover Page



improvement of performance. The sport training therefore is the total process of preparation of a sportsman, through different means and for better performance. Sports performance is the result and expression of the total personality of the sportsman's physical fitness, technique and tactics. In addition to that, the sportsman must possess certain cognitive, volitional and perceptual activities, certain personality traits, habit and above all positive belief, values, attitude and interest of training competition. Therefore, sport training also aims at better education of the sportsman.

Cardio Vascular (Respiratory) Endurance

Cardio vascular function is regarded by fitness experts as the most important of the fitness qualities, particularly, in the area of health related physical fitness. The vigorous physical activity improves cardio vascular function and thus reduces the incidence of circulatory disease (Bucher, 1985). Badminton is an endurance game, without endurance the player cannot perform well.

RESEARCH METHODOLOGY

Statement of the problem

The research study entitled "IMPACT OF EIGHT WEEKS HIGH INTENSITY SPORTS TRAINING ON ENDURANCE ABILITY AMONG ATHLETES OF VIJAYAPUR DISTRICT"

Significance of the study

The present research study the researcher tried to check the high intensity sports training on endurance ability among athletes of Vijayapura district. The researcher selected fifty male athletes from the degree colleges of Vijayapura district Karnataka, the pre test of taken before conducting the high intensity sports training for the same sample.

The objectives

- ❖ To measure the endurance ability among sample.
- ❖ To conducted pre and post motor fitness tests between the eight weeks high intensity training session of the study.
- ❖ To find out the effect of the training on the endurance ability of sample.

The hypothesis

- ❖ There would be effect of high intensity training on the motor fitness component of the athletes.
- ❖ There would be effect of high intensity training on endurance ability among athletes of the study.

Variables

Independent

- High Intensity Sport training

Dependent

- Endurance

Sample

The researcher selected fifty athletes randomly from the degree colleges of Vijayapura district and conducted pre test on motor fitness and conducted eight weeks High Intensity training session than again conducted the post test of motor fitness.

Tools

Endurance measured by 12 minutes' walk and run test.



Cover Page



Statistical producers

- Mean
- Standard deviation
- T test

ANALYSIS AND INTERPRETATION OF DATA

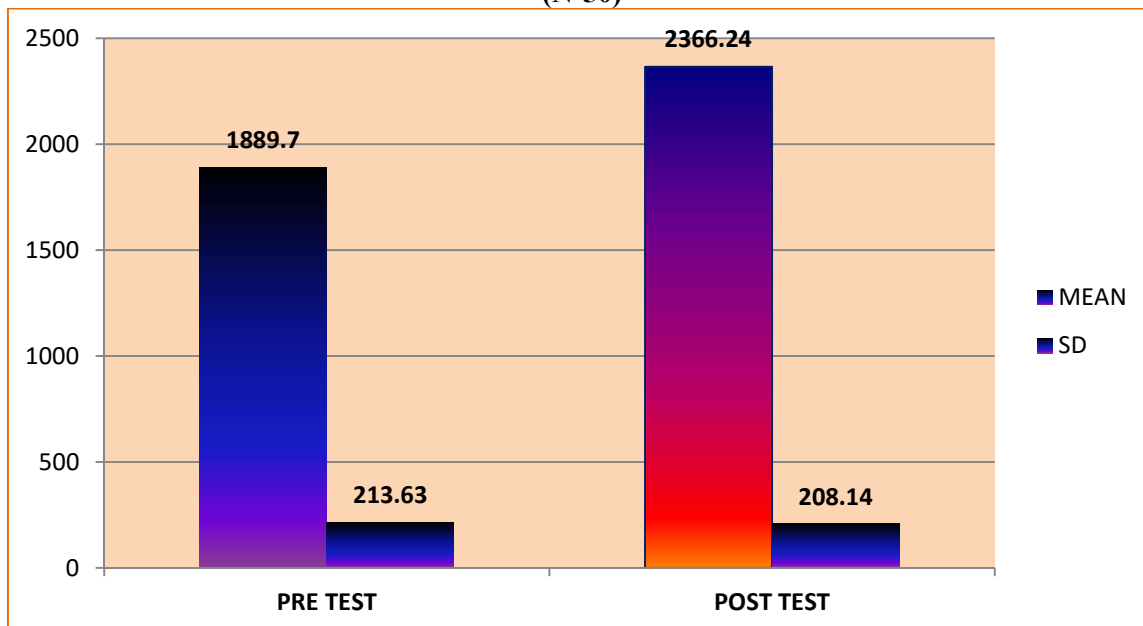
THE TABLE NO 1 SHOWING THE EFFECT OF HIGH INTENSITY SPORTS TRAINING ON THE ENDURANCE ABILITY AMONG THE ATHLETES (N-50)

Test	Variable	Mean	SD	T Value
Pre test	Endurance (Cooper test)	1889.70	213.63	3.885**
Post test		2366.24	208.14	

Significant at 0.05 levels

The table showing the effect of high intensity training on the Endurance ability among the athletes of Vijayapura district. the pre test before the training the mean score is 1889.70 the standard deviation is 213.65, the post test after the sports training session mean score is 2366.24, the standard deviation is 208.14, the statistically calculated t value is 3.885** which is significant at 0.05 levels of significance. The research study showing that the high intensity training has the positive effect on the Endurance ability among the athletes of research study. the sports training is most effective way to develop the Endurance among the athletes of the study.

THE GRAPH NO 1 SHOWING THE MEAN DIFFERENCE IN ENDURANCE ABILITY AMONG ATHLETES (N-50)





Cover Page



SUMMARY AND CONCLUSION

The research study showing the importance of the High intensity training in the field of sports, the present world completely dependent on the sports training method which is creating new developments in the field of sports

The present study showing that there is significance influence of high intensity training on the motor fitness components among the athletes of the study, the endurance ability also significantly developed through the sports training among the sample of the study.

Conclusion

- ❖ There is significant positive effect of high intensity sports training on the endurance ability among the sample of the study.
- ❖ The pre and post test data are significantly different, it is showing the positive effect of high intensity sports training.
- ❖ The sports training can be improving the motor fitness component of athletes of the present research study.

References

1. American college of sports medicine position stand: progression models in resistance training for healthy adult's med sci sports exerc 2009; 41: 687-708
2. Berger RA Comparison of the effect of various weight training loads on strength res . 1963;141:146
3. Fleck SJ , Kraemer WJ, Designing resistance training programs. 2nd Champaign (11) (IL): Human kinetics 1997
4. Kraemer WJ , Ratamess NA ,Endocrine responses and adaptations to strength and power training in komi pv editor strength and power in sport 2nd ed malden (MA) : Blackwell science ;2003 pp361-386
5. Mc Guigan M, Ratamess NA,Strength in : Ackland TR , Elliott BC bloomfied j editors Applied anatomy and biomechanics in sport 2nd champaign IL , Human kinetics 2009 pp119-154