

Effect of Fitness Training on the Sports Performance of Volleyball Players

Mr. Sampath Kumar

Ph.D. Research Scholar,
University College Of Physical Education,
Gulbargauniversity Kalaburgi

Dr .N.G.Kannur

Principal,
University College Of Physical Education,
Gulbargauniversity Kalaburgi

Abstract

The present study the investigator tried to test the effect of fitness training on the sports performance of volleyball players, the objectives of the study – to find out the effect of four weeks training on the motor fitness of the volleyball players of the kalaburagi the investigator hypotheses was that There would be a significant effect of fitness training on the sports performance the objectives of the study was to assess the positive effect of fitness training on the motor fitness of volleyball players, the sample fifty volleyball players were selected for this research study the sample chosen from the kalaburagi district, Karnataka.

Method of the study was four weeks meso cycle fitness training for volleyball players, the researcher taken pre and post tests of speed, endurance, agility, strength & flexibility. The data was collected Before and after the training session, the data was collected and statistically analyzed by using the statistical techniques like mean, SD, t test to prove the research hypothesis.

Introduction

What does it mean to be fit? What does fitness mean? Fitness means something a little different to everyone. To me, it is more than just what time you can do a race in, or how many weights you lift. Fitness is an increased enjoyment in life. Fitness has so many benefits: getting sick less often, relieving stress, burning calories, better sleep, improved disposition, and so many more.

- **Getting in good shape is boring...**

Achieving fitness and working out **does not mean** an hour or two on the treadmill every day, and it doesn't mean marathon weight training. The key to achieving and maintaining fitness is keeping training and workouts fun, challenging, and varied.

- **Keys to Attaining Fitness**

Here are a few basic things that will help in getting in shape once and for all.

- **No single type of training:**

Unless you are training specifically for a marathon, there is no reason to spend countless hours running long distances or to do 3 sets of 10 repetitions on the same exercises three days a week. MIX IT UP! Lifting, jogging, cycling, yoga, calisthenics/bodyweight exercises (push-up, pull-up, dips, etc.), sprinting, swimming, plyometrics, stretching, and more! Training In the words of C Samadi, "Training is a pedagogical process which makes possible the achievement of high standard performance without any physical or mental damages, through planned systematic development of certain specific skills, physical capabilities and the adaptation of the organism". Training is defined as, 'a systematic process of repetitive, progressive exercise (or) work, involving the learning process and acclimatization'.

Physical activity throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and the elderly care. Physical activity and movements are as old as human existence. It played numerous roles from struggle for existence to struggle for excellence. A sports is an activity in our lives where pursuits of different movement achieved through the total investigation of Neuro – muscular co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern Physical Education commonly known as there is sports where pursuit of discipMany researchers strongly support the regular exercises helps one to keep a strong and healthy and to

prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular exercises and individual's capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change. Health, Fitness and performance are poorly correlated phenomena. Health is generally defined as the freedom from disease, fitness strictly relates to a man's ability to meet the demands of his environment and excellence in performance
Line freely formed such as biological, social and physical

Methodology

Design of the study

This research study based on experimental research the study was divided in the two sessions pre test and post test the study assess the positive effect of fitness training on the sports performance of Volleyball players of kalaburagi district, Karnataka, INDIA

Objective of the study

- To find out the sports performance of Volleyball players before and after the training session
- To find out the significance effect of fitness training on the sports performance of Volleyball players.
- To find out the effect of fitness training on the physical fitness of volleyball players.

Hypothesis of the study

- There would be significant positive effect of fitness training method on the motor fitness of Volleyball players.
- There would be positive effect of fitness training methods on the physical fitness of the volleyball players.

Sample of the study

In the present study fifty volleyball players were selected as sample, the sample selection on the basis of simple random sampling method was used in the study, all sample were chosen from Kalaburagi district,

Tool of the study

- Modified fitness training Method
- AAHPER Motor fitness test used as a tool of the study
- Stop watch, rope, measuring tape, scales, whistle etc used in as tools.

Data Collection

The research data was collected before and after the fitness training session, pre data of speed, endurance, strength, agility, flexibility, all five motor fitness components were tested, after the four weeks for fitness training again the post data was collected and analyzed the difference between pre and post motor fitness of Volleyball players of kalaburagi District, Karnataka, India.

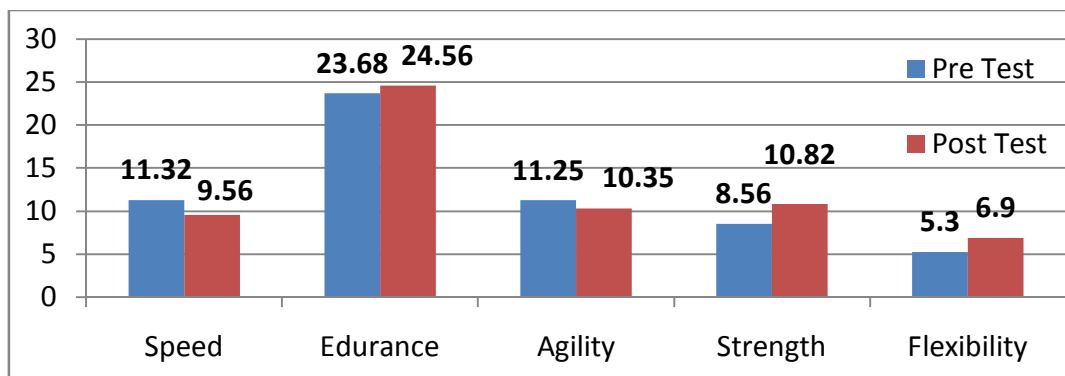
Data Analysis of the study

Table-1 – Shows the mean, sd, t value of Volleyball players in pre and post test in fitness tests (sports performance)

SPEED	Mean	11.32	9.56	5.21**
	SD	1.25	1.16	
ENDURANCE	Mean	2368	2456	6.56**
	SD	156	165	

AGILITY	Mean	11.25	10.35	5.42
	SD	1.98	2.05	
STRENGTH	Mean	8.56	10.82	5.93**
	SD	2.03	1.85	
FLEXIBILITY	Mean	5.30	6.90	3.41**
	SD	1.82	2.60	

Significant at 0.05 level **



This table and graph shown the significant difference pre and post test which revealed that the fitness training had the positive effect on the sports performance of Volleyball players, the motor fitness components speed, endurance, agility, strength & flexibility all components were significantly differ in pre & post tests, (the endurance data score had edited and 2368 as 23.68 converted as and 2456 edited as 24.56 because the stability of graph, the actual score was in the table) all t values were significant at 0.05 level.

Conclusion of the study

The fitness training method had very much positive influence on the sports performance of the volleyball players of kalaburagi district. The results were showing the positive effect of the fitness training method on the sports performance (speed, endurance, agility, strength, flexibility) the sports performance influenced by the training method.

- There is significant positive effect of sports training method on the sports performance of Volleyball players of kalaburagi district, Karnataka, India.
- Training methods are useful in the development of the sports performance.
- Advanced training methods will develop the sports performance standards of volleyball game.

Recommendation of the study

- The present study will be conduct on difference sports players.
- The study will modify with other training methods which have the influence on sports
- Training methods to improve the sports performance.

Reference

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