

Effect of Yogic Exercises on the Physical Fitness Components of Handball Players

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Abstract:

Yogic exercises not only increase the general strength but also tone up the muscles because these exercises stretch out the muscles and due to their slow stretch and hold nature along with breathing mechanism improves the muscular tone and strength of the muscles. To achieve the purpose of the study Ten weeks yoga training was administered and AAPHER fitness testis framed to find out the minimum physical fitness required to participate in the training programme and also to find out the improvement in Physical fitness after the training programme. The 40 handball players (Boys) who is regularly playing handball in evening at Shri. Tulshiramji Jadhao Arts and Science College, Washim Their age ranged between 17-25 years. Students were given the treatment of selected. The purpose of the study is to assess the selected yogic exercises on Physical fitness components of the handball players. To study the effect of yogic exercises on the Physical fitness of the handball players. Yogic asana & pranayama for 10 weeks Result shows that the regular practice of yoga improved Physical fitness significantly.

Key words: Yogic Exercises, Physical fitness.

Introduction

The most important benefit of yoga is physical and mental therapy. Indians have given great importance to "yoga" and physical exercises" not only to prevent or cure the physical ailments/diseases but to keep fit also. Yoga is an ancient science of physical, mental and spiritual development. Yoga has become increasingly popular in Western cultures as a means of exercise and fitness training. Yoga is ultimate for developing harmony among body, mind and spirit. Yoga asana are ways of moving and/or holding the body in different position. Yoga asana has several exercises or postures that work wonders on fitness and health. Varying widely in application and style, these exercises (postures) gently stretch and explore all parts of body. Yoga asana boost physical strength, stamina and flexibility, improve blood circulation, enhance posture and muscle tone and bestow greater powers of concentration and self-control. The person who is physical fit will be able to carry out the essential of his job

without undue fatigue. Fitness is characterized by man's ability to function efficiently with in his potentialities. Fitness implies not only the acquisition of certain physical skills but also the ability to withstand the emergency demands training and competitions. High level of strength is essential to good performance in all-athletic games and in some events strength is of almost important. Yogic exercises increase the general strength and tone up the muscles because these exercises stretch the muscles, due to their slow movement and held position with breathing mechanism improves the muscle tone. Training the word "Training" has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and years.

Purpose of the Study:

The purpose of the study is to assess the selected yogic exercises on Physical fitness components of the handball players. To study the effect of yogic exercises on the Physical fitness of the handball players.

Methodology

The AAPHER youth fitness test consists of six tests the first five tests were used to find out the Physical fitness and the last one to indicate the endurance. All the six tests, namely Pull Ups, Bent Knee Sit ups for Sixty Seconds, 4X10 m shuttle run, broad jump, 50m dash, 600 yard run are modified and were used to test 40 handball players. The modified AAPHER youth fitness test were conducted on the handball players, the pre training performance of handball players is recorded. After the training again the AAPHER youth fitness test was administered to find out the improvement in the Physical fitness of the handball players. Test Administration In order to assess the Physical fitness of the subjects the modified AAPHER youth fitness tests were administered are given below. Tests Pull Ups, Bent Knee Sit ups for Sixty Seconds, 4X10 m shuttle run, broad jump, 50m dash, 600 yard run

The yogic training consists of the following selected yogic exercises

S.N.	ASANA Position	ASANA
1	Standing	Suriyanamaskar Tadasana Trikonasana Utkatansana Cakrasana
2	Sitting	Yoga Mudra Paschimottanasana ArdhaMatsyendrasana
3	Kneeling	Vajrasana
4	Prone	Bhujangasana Shalabhasana Dhanurasana
5	Supine	Naukasana Sarvangasana Halasana Savasana

Procedure:

The modified AAPHER youth fitness Tests were administered to the handball players. The each test item is demonstrated correctly to the handball players and then asked them to do the same. The yogic exercises are also demonstrated correctly and asked them to do the same.

Training Schedule

Week	Asana Position	Repetition sets	Rest between Asanas	Frequency / week
10 Week	Standing	1 (10 Min.)	05 Sec.	5 Day/ Week
	Seating	1 (10 Min.)	05 Sec.	
	Kneeling	1 (10 Min.)	05 Sec.	
	Prone	1 (10 Min.)	05 Sec.	
	Supine	1 (10 Min.)	05 Sec.	

Statistical Technique: Mean, Standard deviation and t-value were used to compute the data.

Results and Discussions From the data obtained the following are tabulated for analysis.

Table-1 Pre and Post-training performance of handball players.

Training		Pull Ups No.	Bent Knee Sit Ups No.	4X10 m shuttle run Sec.	broad jump cm	50 m dash Sec.	600 m run min
Pre-Training	M	20	24	15	155	7.3	1.2
	S D	2.1	3.1	2.3	2.1	2.1	2.1
Post Training	M	25	30	12	165	7.0	1.0
	S D	3.1	3.6	2.6	2.8	3.0	3.1
t- Value		7.7*	8.9*	5.20*	4.0*	3.1*	3.9*

Significance at 0.05 level

As per the Table-1 and graph it is revealed that the mean scores of pre and post training performance in modified AAPHER youth fitness test. It clearly shows the significance difference in the performance of the handball players in two conditions. It means that the yogic asanas introduced to the handball players are responsible for bringing improvement in the Physical fitness components.

Conclusions

The selected yogic exercises intervention improved the fitness (Physical fitness) of the handball players. The positive and significant effect of yogic exercises on the Physical fitness of the handball players. The selected yogic exercises because of their slow

movement and held position improve the muscular tone. This improved muscle tone of the abdominal, lower back, upper back and back & hamstrings is responsible for the improvement of Physical fitness of the handball players. Ten weeks Yoga training is beneficial for improvement in Physical fitness & endurance of handball players. Recommendations The results of the survey taken of the muscular fitness of the handball players should be great concern to the coaches and trainers in the welfare of the handball players. The results bring out the weakness of the handball players and also suggest the importance of including suitable yogic exercises for the improvement of muscular fitness. A larger scale of study may be conducted on state, national and international handball players and also on different genders for longer periods.

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