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Effect of Yogic Practices and Weight Training on Motor Fitness of College Level Volleyball Players

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Abstract: The purpose of this study was to determine the effect of yogic practices and weight training on motor fitness of college level volleyball players. The analysis of data revealed that the two experimental groups, administered with yoga and weight training showed significant gains in performance of motor fitness variables after administration of training for duration of 12 weeks.

The control group did not show any significant increase in the performance of variables except vertical jump (explosive strength), 1500 mts run (speed endurance) and shuttle run (agility) of motor fitness, systolic blood pressure under study.

Keywords: Yogic Practice, Weight Training, Motor Fitness and Volleyball players

I. INTRODUCTION

Motor fitness components are pre - requisite traits for every sports person for a better and skilled performance in a given sport. Inclusion of activities such as weight training and practice of yoga within the training schedule of volleyball game. the players may improve their motor fitness capabilities towards better performance.

Sivaramakrishnan et.al.. (2019) in their study stated that Yoga has been recommended as a muscle strengthening and balance activity in national and global physical activity guidelines.

Eungpinichpong et.al. (2021) using Seefeldt's classic motor development pyramid model found that it support the promotion of physical activity and motor skill development in primary school children.

The purpose of this study was to determine the effect of yogic practices and weight training on motor fitness components of college level volleyball players

II. METHODOLOGY

Ninety (90) volleyball male players were scouted randomly from the volleyball intramural competition of Baliapal College of Physical Education and chosen as subjects for the research work undertaken.

The ages of the subjects were ranged between 19 to 23 years and they were professional students. All subjects were, then, randomly assigned into three groups i.e., two experimental groups (A and B) and one control group (C), each consisting of 30 students. The groups A and B were given yogic practices and weight training programmes, respectively.

The group C served as control group.Random group design was adopted for the study as all the subjects were randomly selected and randomly divided into three groups. Both the training programmes were conducted for a total duration of twelve weeks.

Keeping the feasibility criterion in mind, especially in the case of availability of instruments, the following dependant variables for motor fitness explosive Strength (measured by Vertical Jump and medicine ball throw), strength endurance (measured by sit-ups and push-ups), speed endurance (measured by 1500 mts. run), speed (30 mts. flying start), agility (shuttle run 6x10 mts) and flexibility (sit and reach test).

The statistical analysis of data on motor fitness variables of the subjects belonging to two experimental groups and one control group. each comprising of thirty subjects, were examined by applying analysis of variance as well as analysis of covariance with regard to two experimental groups and one control group to find out the inter-group variability to allow for the comparison between initial and final scores and to effect adjustments in final or terminal scores which allowed for difference in same initial variables.