

A Study of Improvement of Physically Fitness Components Variables of Footballers



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Abstract

In this research paper the main aim of the study was to observe the effects of training of some physically fitness variables on football players, the subjects were taken from SGG Khalsa College, Mahilpur district Hoshiarpur (Punjab) for this study and delimited to experimental period of 15 days only. Two time data was calculated before and after training program, in this way's 't' test was calculated 't' ratio value of pre and after test were finally observed that was set at 0.05 level of significance and there was no significance in both tests. After the training fifteen days to players of physical fitness variables i.e. speed, strength, flexibility and endurance there was no significance difference in pre and post tests of football players of SGG Khalsa College, Mahilpur. Finally accepted that the effect of some physically fitness variables for the period of 15 days were not so effective for the improvement of physical fitness components of college level football players.

Keywords: Variables, Fitness, Training.

Introduction

The daily routine and body structure plays an effective role in physical performance. In many research papers and studies shows that with the regular training of physical activity have improves the physical capability and accelerates the growth process. Increase in stature and weight has also been seen when regular endurance training was given, (Godin 1920, Ekbohm 1969, Ericson 1972).

Health in general may be defined as the quality of life that enables the individual to live most and serve best. It is that state in which the mental and physical activities of the body are adjusted satisfactorily to the environment. It can be imperiled either by doing or by neglecting to do certain things. Health is capable of enrichment or deterioration, that life at its best is a more realistic concept for all persons, than the mere avoidance of disease and that the proper goal of all health teaching is the finest kind of individual living. Personal hygiene is not only concern with matters pertaining to health of a person but also includes personal factors conducive to good health. They are habits constitution, heredity, idiosyncrasy, temperament, cleanliness, sleep, clothing, exercising, sex etc. the main objectives of personal hygiene is to maintain a high standard of health.

According to Vivekanand, "A Healthy mind lives in a healthy body". Physically fitness is the basic need of our life. Good physical fitness level is the art of humanity. It is the fundamental form of human expression. It is the means of enhancing national prestige. It is an avenue of social adjustment. It is the most saving graces in the world. According to Bucher (1958), Physical fitness is the ability of an individual to live a balanced life. It involves Physical, Mental, Emotional and Spiritual factors and the Capacity for their wholesome knowledge. It is important to know that children subjected to training were adolescents. Thus it is very difficult to attribute these differences to the specific effect of exercise. In this paper attempt has been made to assess the effect of some physically fitness variables on football players of SGG Khalsa college of Mahilpur, district hoshiarpur, Punjab.

Objectives of the Study

1. A Study of the effect of some physically fitness variables on football players from SGG khalsa college, Mahilpur.
2. And it is the hypothesized that there will be an effect of some physically fitness variables on football players.

Methodology

In this study fifty football players were taken as subjects by random method from SGGs Khalsa college, Mahilpur, district Hoshiarpur, Punjab considered as experimental factor, after proper warming up for half an hour followed by the regular training for the period of 15 days daily approximately one hour at evening session because all the football players were busy in their game training in the morning session in the college training programs. **The following Training Variables were Used during the Experimental Moment for the Study**

1. 50 meter for speed (two repetitions in a day).
2. For strength improvement pull-ups and sit-ups (30 time each once a day).
3. For flexibility sit and reach (20 time once a day) and
4. 1000 meter runs on normal speed (once a day) for endurance improvement.

Analysis of Data

Two time data was calculated before and after training program of 40 football players of SGGs Khalsa college, Mahilpur district Hoshiarpur (Punjab) and in this way the score for the purpose of the study. Paired 't' test was used and for testing the difference 't' ratio value of pre and after test were finally observed that was set at 0.05 level of significance.

Findings

Table-1

Evaluation Means of Both Time Pre and Post Test of Physical Fitness Component Variable of Speed 50 Meter Running

Tests	Mean	Standard Deviation	Mean Difference	't' Ratio
Pretest	2.80	0.38	0.12	0.85
Post Test	2.92	0.44		

*Significant at 0.05 level.

t.05(28)=2.05

The mean value of both pre and post-test of 50 meter running is 2.80 and 2.92 respectively. Standard Deviation value of pre and post test is 0.38 and 0.44 respectively. Value of 't' ratio is 0.85, this value of 50 meter running of football players is not significant at 0.05 level.

Table-2

Evaluation Means of Both Time Pre and Post Test of Physical Fitness Component Variable of Strenth Pull-Ups and Sit-Ups Test

Test	Mean	Standard Deviation	Mean Difference	t Ratio
	7.34	3.50	0.39	0.29
Post-test	7.73	2.93		

*Significant at 0.05 level.

t.05(28)=2.05

The mean value of both pre and post-test of pull ups and sit-ups is 7.34 and 7.73 respectively. Standard Deviation value of pre and post test is 3.50 and 2.93 respectively. Value of 't' ratio is 0.29, this value of pull-ups and sit-ups of football players is not significant at 0.05 level.

Table-3

Evaluation Means of Both Time Pre and Post Test of Physical Fitness Component Variable of Sit and Reach Test for Flexibility

Test	Mean	Standard Deviation	Mean Difference	't' Ratio
Pre-test	31.54	4.04	0.28	0.16
Post-test	31.82	4.63		

*Significant at 0.05 level.

t.05 (28) =2.0 5

The mean value of both pre and post-test of flexibility is 31.54 and 31.82 respectively. Standard Deviation value of pre and post test is 4.04 and 4.63 respectively. Value of 't' ratio is 0.28, this value of sit and reach test for flexibility of football players is not significant at 0.05 level.

Table-4

Evaluation Means of Both Time Pre and Post Test of Physical Fitness Component Variable of 1000 Meter Test for Endurance

Test	Mean	Standard Deviation	Mean Difference	't' Ratio
Pre-test	7.28	2.82	1.65	1.35
Post-test	8.87	3.13		

*Significant at 0.05 level.

t.05 (28) =2.0 5

The mean value of pre-test and post- test of 1000 meter is 7.28 and 8.87 respectively. Standard Deviation value of pre-test and post-test is 2.82 and 3.13 respectively. Value of 't' ratio is 1.35; this value of pull-ups is not significant at 0.05 level.

Conclusion

It is concluded that there was no significance in both tests. Two time data was calculated before and after the training of fifteen days to players of physical fitness variables i.e. speed, strength, flexibility and endurance there was no significance difference in pre and post tests of football players of SGGs Khalsa College, Mahilpur. Finally observed that was set at 0.05 level of significance and there was no significance in both tests, so accepted that the effect of some physically fitness variables for the period of 15 days was not so effective for the improvement of physical fitness components of college level trained football players.

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