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ORIGINAL ARTICLE

EFFECT OF FARTLEK TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIALBLES OF INTER DISTRICT WOMEN ATHLETES

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Abstract

The purpose of the study was to find out the effect of fartlek training on selected physical and physiological variables of inter district women athletes. To achieve this purpose of the study 60 women athlete who was studying in different colleges in the Bangalore and Ramanagara districts were selected as subjects at random. Their age ranged between the 18 to 21 years. The selected as subjects were divided into two equal groups 30 each namely experimental group and control group. Group I underwent physiological training where as group II acted as the control group who maintained their daily routine activities and no special training was given to them. The following variables namely Cardiovascular endurance were selected as physical variables and resting pulse rate, Resting respiratory rate were selected as physiological variables. The subjects of the groups were tested on cooper's 12 minutes run/walk. The collected data were analyzed statistically though analysis of T-test to find out the significant differences.

KEY WORDS:

Fartlek, Cardiovascular endurance, resting respiratory rate and Resting pulse rate.

INTRODUCTION:

Sports training are the basic form of an athlete's training. It is the preparation systematically organized with the help of exercise which in fact is a pedagogically organized process of controlling an athlete's development. Sports and games is an integral part of a sound system of education and in the achievement of the aims of education; sports and games can play a large and dynamic part. Sports and games is not only concerns with the physical out come that occurs form participation in activities but also the development of knowledge and attitude conductive to live long learning and participation.

Scientific training programmed proved that the performance in any sports and games activity depends on the quality of the training that athlete undergoes. Modern training based the performance requirements have developed from physical and physiological discipline for the improvement of sports and games. Training methods based on performance requirements should be implemented.

PURPOSE OF THE STUDY

The purpose of the study was assessing the effect of fartlek training on selected physical and Physiological variables of inter district women athletes.

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HYPOTHESIS

It was hypothesis that there would be no significant difference on selected physical cardiovascular endurance speed and physiological, resting respiratory rate and Resting pulse rate.
Due to the fartlek training among women athletes.

METHODOLOGY

In this study 60 college women athletes aged 18 to 21 years from different colleges in Banglore and Ramanagara districst, Karnataka were randomly selected as lat method from total 150 college women athletes respectively subject were divided into two groups. Group I Fartlek training was given for experimental, group II control group each group was measured on criterion variables the respective treatment program for five days a week for 12 weeks. The subjects of control group did not undergo any special training programmed apart for their regular physical programmed.

STATISTICAL TACHNIQUE

The analysis of T-Test was used to find out the pre-test and post-test significance difference among the two groups. The level of the significance was fixed at 0.05 level of confidence.

Table-1 Criterion variables and test

Sl .no	Variables	Test/instrument	Unit of measurement
01	Cardiovascular endurance	Cooper's 12 min run/walk	Seconds
02	Resting pulse rate	-	Seconds
03	Resting Respiratory rate		One minute

RESULTS AND DISCUSSIONS

Table-II showing the summary of Means and t-test for the pre-test and post-test data on Cardiovascular endurence

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained t-value	Required t-value
Experimental group-I	Pre-test	2066.44	27.780	418.46	0.74	1.990
	Post-test	2094.22				
Control group-II	Pre-test	2325.22	251.53	357.98	0.001	1.990

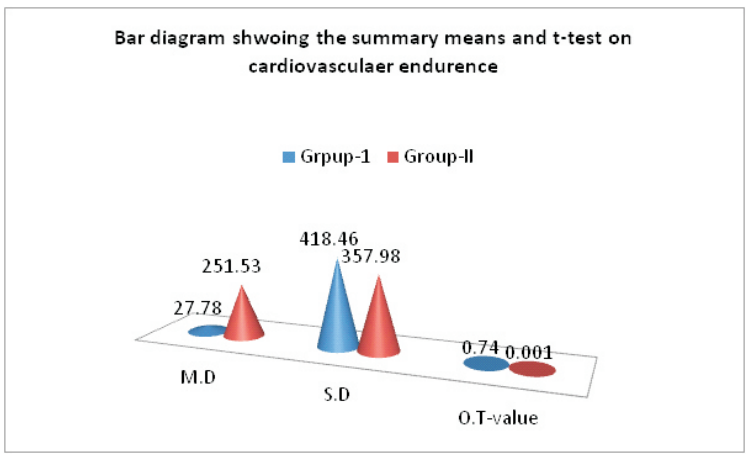


Table-III showing the summary of Means and t-test for the pre-test and post-test data on Resting pulse rate

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained t-value	Required t-value
Experimental group-I	Pre-test	81.16	0.58	7.49	0.82	1.990
	Post-test	81.73				
Control group-II	Pre-test	82.13	12.00	12.20	8.63	1.990*
	Post-test	70.13				

*Significant at 0.05 level

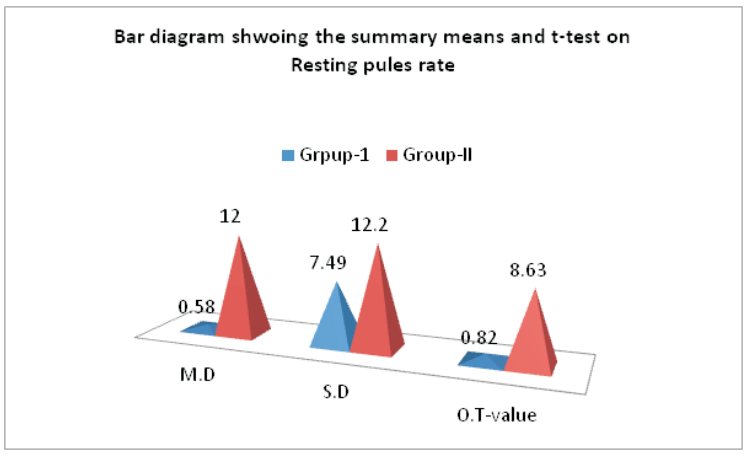
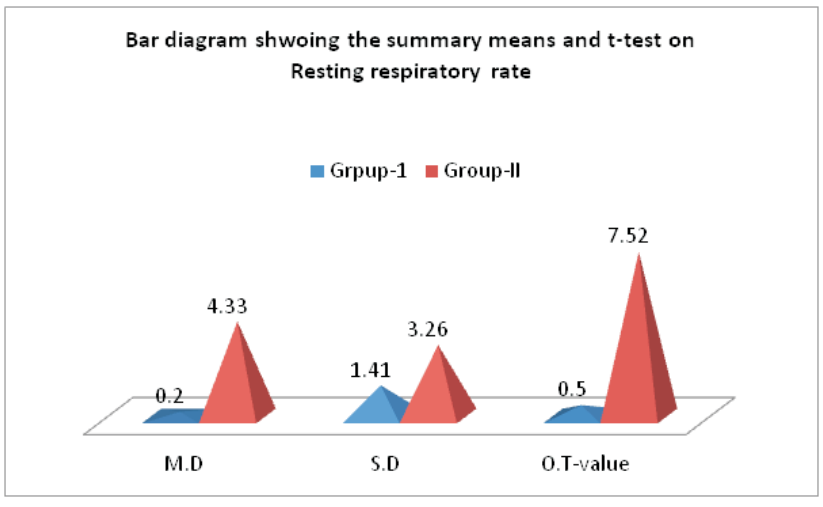


Table-IV showing the summary of Means and t-test for the pre-test and post-test data on Resting Respiratory rate

Group	Test	Mean	Mean Difference	Standard Deviation	Obtained t-value	Required t-value
Experimental group-I	Pre-test	25	0.2	1.41	0.50	1.990
	Post-test	25.2				
Control group-II	Pre-test	26.27	4.33	3.26	7.52	1.990*
	Post-test	21.93				

*Significant at 0.05 level



The results of the study have also indicated that practice of fartlek training after twelve week training had significant on cardiovascular endurance and significant improvement on Resting pulse rate, Resting respiratory rate.

CONCLUSION

1. On the basis of the finding of the study it may be concluded that fartlek training could be very useful method of training to develop the fitness variables of cardiovascular endurance.
2. On the basis of the finding of the study it may be concluded that fartlek training could be very useful method of training for the athletes to improve resting pulse rate and resting respiratory rate.

RECOMMENDATION

Fartlek training improves the cardiovascular endurance and resting pulse rate, resting respiratory rate remarkably this type of training may be recommended for the long distance runners and long duration games.

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