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IMPACT OF SAQ TRAINING COMBINED WITH ASANA PRACTICE ON SELECTED PHYSICAL FITNESS VARIABLES AMONG COLLEGE MEN BASKETBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of SAQ training combined with asana practice on selected physical fitness variables of basketball players. To achieve the purpose of the present study, forty-five basketball players from PSG College of Arts & Science, Coimbatore, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen subjects each. Group I acted as Experimental Group I (SAQ training), Group II acted as Experimental Group II (SAQ training combined with asana practice) and Group III acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. It was observed that the twelve weeks of SAQ training with asana practice have significantly improved the selected physical fitness variables than the SAQ training and control group.

KEYWORDS: SAQ Training, Asana Practice, Basketball.

INTRODUCTION

Agility also depends upon coordinating quickly and accurately the big muscles of the body in a particular activity. The level of one's agility is a result of both innate capacity (genetic) training & experience. Agility is more effective when it is combined with high levels of speed, strength and endurance. Agility may be greatly improved with specific training. Some authors use the term coordination and dynamic balance synonymously with agility. However, it is a general agreement that individuals possessing sufficient strength; endurance; balance; hand-eye, foot-eye and overall body coordination; and flexibility, are also good in their agility ability. In the other words, agility has been taken as a separate single identity defined by the individual's ability to change position and direction rapidly and accurately and that agility is highly correlated with other general motor ability components like coordination, balance, flexibility, muscular strength, power and endurance.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the impact of SAQ training combined with asana practice on selected physical fitness variables among college men basketball players.

SIGNIFICANCE OF THE STUDY

1. This study would help to assess the physical fitness variables among college men basketball players.

2. The result of the study would help to introduce the training packages for basketball players.

3. The result of the study would motivate the players to practice the game basketball.

HYPOTHESES

On the basis of available literature and scholar own understanding of the problem; the following hypotheses were formulated:

1. It was hypothesised that the SAQ training and SAQ training combined with asana practice would show significant improvement on selected physical fitness variables than the control group.

2. It was hypothesised that the SAQ training combined with asana practice would show significant improvement on selected physical fitness variables than the SAQ training and control group.

DELIMITATIONS

This study was delimited to the following aspects.

1. The study was delimited to forty-five basketball players from PSG College of Arts & Science, Coimbatore, Tamilnadu.

2. The study was confined to basketball players between the age group from 18 to 25 years.

3. This study was delimited to only SAQ training and asana practice.

LIMITATIONS

This study was limited to the following aspects.

1. The day today activities, rest period, food habit and life style were not controlled.

2. Hereditary and environmental factor, which contribute to both physical and mental efficiency were not controlled.

3. No attempt were made to determine whether the subjects and having the some degree of motivation during the various staged of training and testing periods.

METHODOLOGY

The purpose of the study was to find out the effect of SAQ training combined with asana practice on selected physical fitness variables of basketball players. To achieve the purpose of the present study, forty-five basketball players from PSG College of Arts & Science, Coimbatore, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen subjects each. Group I acted as Experimental Group I (SAQ training), Group II acted as Experimental Group II (SAQ training combined with asana practice) and Group III acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

DEPENDENT VARIABLES

Physical Fitness Variables

- Speed
- Agility

INDEPENDENT VARIABLES

Group I – SAQ Training

Group II – SAQ Training with Asana Practice

Group III – Control Group

TABLE – I

S.No	Variables	Tests	Units
1.	Speed	50 Meter run	Seconds
2.	Agility	Shuttle run	Seconds
3.	Explosive Power	Standing broad jump	Metres

STATISTICAL TECHNIQUES

Analysis of covariance (ANCOVA) was computed where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. Whenever the adjusted post-test means were found significant, the Scheffe's post-hoc test was administer to find out the paired means difference. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

TABLE – II

COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE ON SPEED OF SAQ TRAINING, SAQ TRAINING WITH ASANA PRACTICE AND CONTROL GROUPS

	SAQTG	SAQWAPG	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	7.08	7.07	7.06	BG	0.003	2	0.002	0.35
				WG	0.18	42	0.005	
Post Test Mean	6.85	6.56	7.05	BG	1.82	2	0.91	226.33*
				WG	0.17	42	0.004	
Adjusted Post Test Mean	6.85	6.56	7.05	BG	1.82	2	0.91	221.5*
				WG	0.16	41	0.004	

* Significant at 0.05 level

The above table indicates the adjusted mean value of speed of SAQ training, SAQ training with asana practice and control groups were 6.85, 6.56 and 7.05 respectively. The obtained F-ratio of 221.50 for adjusted mean was greater than the table value 3.22 for the degrees of freedom 2 and 41 required for significance at 0.05 level of confidence.

FIGURE – I

SHOWS THE MEAN VALUES ON SPEED OF SAQ TRAINING AND SAQ TRAINING WITH ASANA PRACTICE AND CONTROL GROUPS

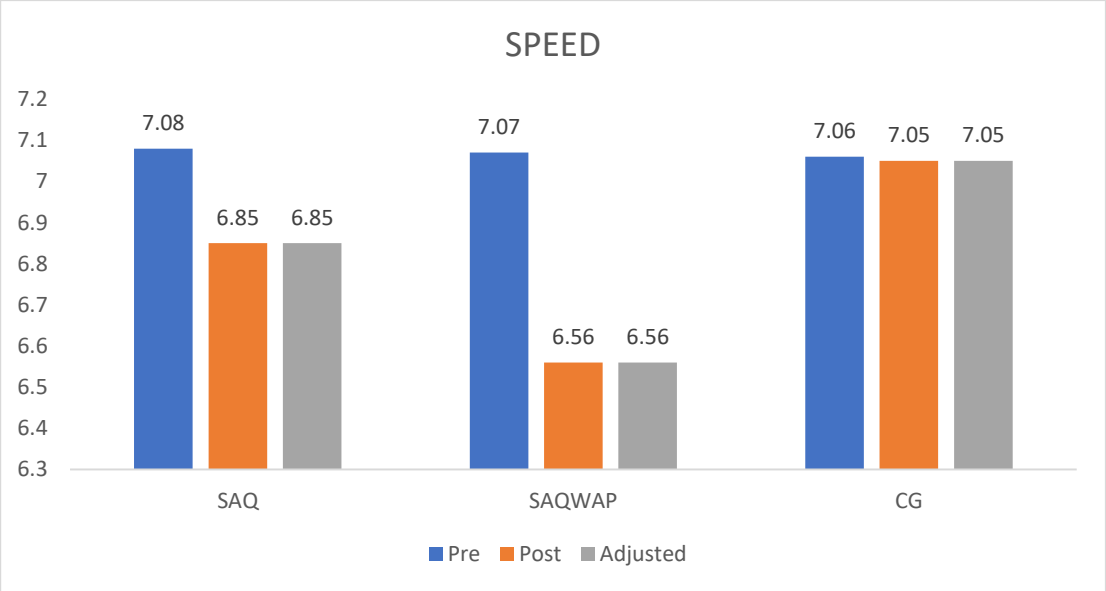

TABLE - III

ADJUSTED MEAN AND DIFFERENCES BETWEEN THE MEANS OF SAQ TRAINING, SAQ TRAINING WITH ASANA PRACTICE AND CONTROL GROUPS ON SPEED

SAQTG	SAQWAPG	Control Group	Mean Difference	CI Value
6.85	6.56	-	0.29*	0.05
6.85	-	7.05	0.20*	
-	6.56	7.05	0.49*	

Table - III shows the adjusted means on speed and difference between the means of the SAQ training, SAQ training with asana practice and control group. The mean differences of SAQ training group and SAQ training with asana practice group, SAQ training group and control group, SAQ training with asana practice group and control group were 0.29, 0.20 and 0.49 respectively was greater than the CI value 0.05. Hence there exists significant difference.

TABLE – IV

COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE ON AGILITY OF SAQ TRAINING, SAQ TRAINING WITH ASANA PRACTICE AND CONTROL GROUPS

	SAQTG	SAQWAPG	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	11.16	11.19	11.14	BG	0.01	2	0.009	1.27
				WG	0.29	42	0.007	
Post Test Mean	10.93	10.72	11.13	BG	1.26	2	0.63	57.90*
				WG	0.46	42	0.01	
Adjusted Post Test Mean	10.93	10.71	11.13	BG	1.23	2	0.61	55.62*
				WG	0.45	41	0.01	

* Significant at 0.05 level

The above table indicates the adjusted mean value of agility of experimental SAQ training group, experimental SAQ training with asana practice group and control groups were 10.93, 10.71 and 11.13 respectively. The obtained F-ratio of 55.62 for adjusted mean was greater than the table value 3.22 for the degrees of freedom 2 and 41 required for significance at 0.05 level of confidence.

FIGURE – II

SHOWS THE MEAN VALUES ON AGILITY OF SAQ TRAINING AND SAQ TRAINING WITH ASANA PRACTICE AND CONTROL GROUPS

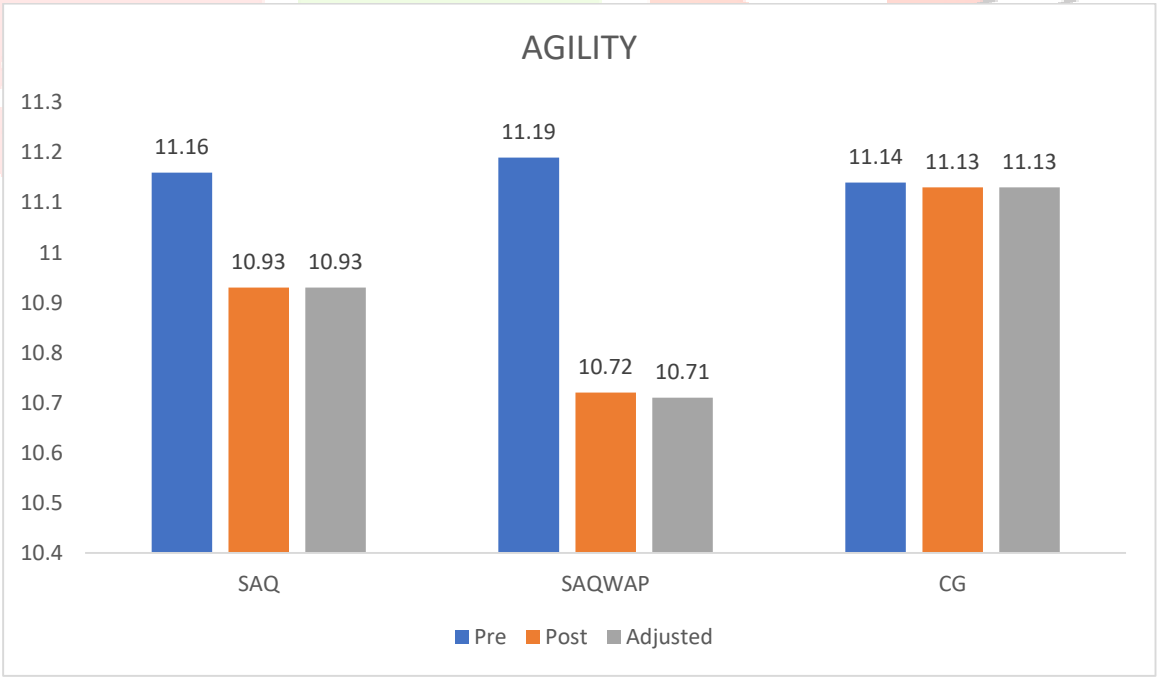

TABLE-V

ADJUSTED MEAN AND DIFFERENCES BETWEEN THE MEANS OF SAQ TRAINING, SAQ TRAINING WITH ASANA PRACTICE AND CONTROL GROUPS ON AGILITY

SAQTG	SAQWAPG	Control Group	Mean Difference	CI Value
10.93	10.71	-	0.22*	0.09
10.93	-	11.13	0.20*	
-	10.71	11.13	0.42*	

Table - V shows the adjusted means on agility and difference between the means of the SAQ training, SAQ training with asana practice and control group. The mean differences of SAQ training group and SAQ training with asana practice group, SAQ training group and control group, SAQ training with asana practice group and control group were 0.22, 0.20 and 0.42 respectively was greater than the CI value 0.09. Hence there exists significant difference.

CONCLUSION

From the results obtained, the following conclusions were drawn:

1. It was observed that the twelve weeks of SAQ training have significantly improved the selected physical fitness variables than the control group.

2. It was observed that the twelve weeks of SAQ training with asana practice have significantly improved the selected physical fitness variables than the SAQ training and control group.

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