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INFLUENCE OF SAND TRAINING FOR ENDURANCE LEVEL ON KHO KHO PLAYERS

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Abstract: Sand surfaces can offer a higher energy cost (EC) and lower impact training stimulus compared with firmer and more traditional team sport training venues such as grass. This review aims to summarise the existing research on sand training, with a specific focus on its application as a team sports training venue. Compared with grass, significant physiological and biomechanical differences are associated with sand exercise. The aim of this study was to the impact of sand training for endurance among kho kho players. Twenty Male athletes between the age of 18 to 23 years were taken for the study. The Six Weeks endurance training program for experimental group got which a lot of sand running on alternate days and controlled group was given general coaching of players. The Pre test and Post test were conducted through Cooper test for each team to the impact of sand running. This study shows that the sand running has increase the endurance among the Experimental group of khokho players. This sand running is benefit for the endurance development of khokho players.

Index Terms – Sand Running, Endurance, Cooper Test

1. INTRODUCTION

Endurance is that the ability of an organism to exert itself and stay active for a protracted amount of time. Endurance utilized in aerobic or anaerobic exercise. In training for endurance will have an ergative impact on the flexibility to exert strength unless a private additionally undertakes resistance training to this impact.

When someone is ready to accomplish or stand upto a better quantity of effort than their original capabilities their endurance is increasing that to several personnel indicates progress. In wanting to enhance ones endurance they'll slowly increase the quantity of repetitions or time spent, if higher repetitions are taken quickly muscle strength improves where as less endurance is gained. The endurance gaining via physical activity has been shown to decreasing stress and anxiety. Endurance training is important for a spread of endurance sports. Example is distance in racket sports, football, rugby, martial arts, basketball and cricket.

Endurance training is to be popular for general people for general fitness. Mitochondria increase in each variety and size through the training of sand training.

Endurance training primarily works the slow twitch (type 1) fibers and develops such fibers in their potency and resistance to fatigue. Biological process conjointly improves increasing the athlete's capability to use fat and animal starch stores as an energy supply. These metabolic processes are referred to as glycogenolysis, metastasis and lipolysis. There's higher potency in chemical element transport and distribution.

The heart rate monitor is simple ways to assess fitness in endurance players. The characteristics of a sand training surface and a grass training surface are different. For the contestant there are distinct physiological additionally as biomechanical variations once working on one or the opposite. This study was performed to see the consequences of every surface on kho kho players.

Players will use sand surfaces to increase the performance. Sand training needs less stability and energy came throughout exercise, which ends during a larger employment for the muscles to realize constant output. The Sand running helps to develop power and muscle elasticity. It improves stride frequency and length and provides strength endurance.

2. METHODOLOGY

The subjects for this study is 20 college level Male kho kho players of St. Joseph College between the age group of 18 to 23 years (10 Experimental Group and 10 Control Group) were taken for the study. Cooper's 12 Min Test is used for collection of data.

3. PROCEDURE OF DATA COLLECTION

The 12 Min Cooper test used for Pre test for Experimental group and Controlled group and results was recorded. The six weeks training provide to experimental group that consists of Sand Running Sessions on alternate days. The sand training sessions includes short sand sprints, continuous running in sand to experimental group. The controlled group was given the overall coaching. The players usually different from socio-economic standing, dietary habits, living status etc.

4. RESULT AND DISCUSSION

12m Run/Walk test was used to assess cardio respiratory endurance before and after both of the experimental conditions. Items on this time are weighted such that a decrease in score is indicative of increase in fitness level in cardio respiratory endurance.

Table1: Descriptive statistics of different groups measured in post-testing (Cooper Test 12m R/W)

Group	N	Mean	S.D
Control Group	10	3596.74	186.38
Experimental Group	10	3731.93	143.41
Total	20	3664.33	164.89

Table 1 shows the values of mean and standard deviation for the data on 12m R/W between the group1 and group 2 during post-testing. The group1 mean was 3596.74 (SD = 186.38) and the group2 mean was 3731.93 (SD = 143.41).

Table2: Pair wise comparisons on Cooper Test 12m R/W

(A) Group	(B) Group	MeanDiff. (A-B)	Std. Error	Sig*
Control Group	Experimental Group	-135.19	41.32	0.021
Experimental Group	Control Group	135.19	441.32	0.021

Table2 shows the pair wise comparisons of 12m run/walk among both groups. The control group showed a MD = -135.19 and $p = 0.021$. The experimental group showed a MD = 135.19 and $p = 0.021$.

5. CONCLUSION

Sand training helps to calf muscles to contract a lot of quickly and increasing work a better rate hence got a lot of powerful. After training, players can able to run cover to more distance. Sand training is usually recommended for kho kho players and other game players to improve the endurance.

6. REFERENCES

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