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EFFECT OF TRADITIONAL FITNESS TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES AMONG COLLEGE WOMEN TARGETBALL PLAYERS

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Abstract:

The purpose of the study was designed to examine the effect of traditional fitness training on speed and agility among college women target ball players. For the purpose of the study, thirty college women target ball players from colleges in and around Chennai, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. Group I underwent traditional fitness training for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables, namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables, namely speed and agility by using 50 mts run and shuttle run at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate. The results of the study showed that there was a significant difference between traditional fitness training group and control group on speed and agility. And also, it was found that there was a significant improvement on selected criterion variables such as speed and agility due to traditional fitness training.

Key Words: Traditional Fitness Training, Speed, Agility, College Women Target Ball Players

Introduction:

Traditional fitness training refers to the historical practices and methodologies used to improve physical health, strength, endurance, flexibility, and overall well-being. Throughout history, various cultures and civilizations have developed their own methods of fitness training, often influenced by their lifestyles, beliefs, and available resources. Any ancient civilizations, such as the Greeks, Romans, Egyptians, and Chinese, recognized the importance of physical fitness for overall health and military prowess. They developed training regimens that included activities like running, wrestling, swimming, and calisthenics. Martial arts, such as Kung Fu, Karate, Judo, and Taekwondo, not only focus on combat techniques but also emphasize physical conditioning, flexibility, and mental discipline. These disciplines often involve rigorous training routines that build strength, agility, and endurance.

Originating in ancient India, yoga combines physical postures (asanas), breathing exercises (pranayama), and meditation to promote physical, mental, and spiritual well-being. Yoga emphasizes flexibility, balance, strength, and relaxation. Many traditional sports and games, such as Kabaddi, Kho-Kho, Wrestling, and Archery, require specific physical attributes and skill sets. Training for these activities often involves a combination of strength-building exercises, cardiovascular conditioning, and skill drills. Traditional fitness training focuses on movements that mimic real-life activities, improving the body's ability to perform daily tasks and activities efficiently. Traditional training methods often address the overall well-being of an individual, including physical, mental, and spiritual aspects.

Traditional fitness training emphasizes a balanced approach, incorporating various types of exercises to target different muscle groups, improve cardiovascular health, and enhance flexibility and mobility. To achieve continuous improvement, traditional fitness training gradually increases the intensity, duration, or frequency of exercises over time, challenging the body to adapt and grow stronger. Many traditional fitness practices, such as yoga and martial arts, emphasize the importance of the mind-body connection, promoting mindfulness, concentration, and self-awareness during physical training. In recent times, while modern fitness trends and technologies have emerged, traditional fitness practices continue to hold significance for many individuals and communities around the world. They offer not only physical benefits but also cultural and historical insights into the pursuit of health and wellness.

Methodology:

The purpose of the study was designed to examine the effect of traditional fitness training on speed and agility among college women target ball players. For the purpose of the study, thirty college women target ball

players from colleges in and around Chennai, Tamil Nadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. Group I underwent traditional fitness training for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables, namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables, namely speed and agility by using 50 mts run and shuttle run at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate.

Analysis of the Data:

Speed:

The analysis of covariance on speed of the pre and post test scores of traditional fitness training group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Speed of Pre and Post Tests Scores of Traditional Fitness Training and Control Groups

Test	Traditional Fitness Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	8.42	8.39	Between	0.005	1	0.005	0.45
S.D.	0.10	0.10	Within	0.333	28	0.012	
Post Test							
Mean	8.19	8.37	Between	0.236	1	0.236	12.59*
S.D.	0.11	0.10	Within	0.525	28	0.019	
Adjusted Post Test							
Mean	8.19	8.38	Between	0.266	1	0.266	33.11*
			Within	0.217	27	0.008	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

Table 1 shows that the adjusted post-test means of traditional fitness training group and control group are 8.19 and 8.38 respectively. The obtained "F" ratio of 33.11 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on speed. The results of the study indicated that there was a significant difference between the adjusted post-test means of traditional fitness training group and control group on speed.

Agility:

The analysis of covariance on agility of the pre and post test scores of traditional fitness training group and control group have been analyzed and presented in table 2.

Table 2: Analysis of Covariance of the Data on Agility of Pre and Post Tests Scores of Traditional Fitness Training and Control Groups

Test	Traditional Fitness Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	7.64	7.61	Between	0.0083	1	0.0083	0.24
S.D.	0.21	0.11	Within	0.9853	28	0.0352	
Post Test							
Mean	7.33	7.59	Between	0.4813	1	0.4813	13.87*
S.D.	0.14	0.14	Within	0.9720	28	0.0347	
Adjusted Post Test							
Mean	7.33	7.59	Between	0.5406	1	0.5406	57.12*
			Within	0.2555	27	0.0095	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively).

Table 2 shows that the adjusted post-test means of traditional fitness training group and control group are 7.33 and 7.59 respectively. The obtained "F" ratio of 57.12 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on agility. The results of

the study indicated that there was a significant difference between the adjusted post-test means of traditional fitness training group and control group on agility.

Conclusions:

- There was a significant difference between traditional fitness training group and control group on speed and agility.
- And also it was found that there was a significant improvement on selected criterion variables such as speed and agility due to traditional fitness training.

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