

Effect of selected Swimming Training Program on 50mts Free Style Performance of School Boys

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Abstract

The aim of this study was to find out the effect of selected swimming training program on 50mts free style performance of school boys. In order to achieve these purpose twenty (20) swimmers were selected as training program and their age ranged between 12-16 years selected as randomly. Group consisted of twenty swimmers. The test research tool's 50mts freestyle performance test. The data collected was subjected to descriptive statistic and student "t" test and level of significance was set at 0.05 level. Base on the result and discussion this study draws following conclusion selected swimming exercise training program to improve 50mts freestyle performance of school level boys.

Key Words: Swimming, Training, 50mtr, Free Style and School Boys

1. Introduction:

The activity in which the body is propelled through water by specific movement of the arms and the legs. Swimming as propulsion through water by the movement of limbs, tail, and fins of animals is often studied as a form of physical exertion or endurance. The activity of moving oneself through water using one's arms and legs while buoyed up by the water, carried out by humans for amusement, exercise, sport or entertainment. Physical fitness depends on the nature of activity and is indicate of the level of physical fitness. The total physical fitness involves the combination of Strength, Flexibility, Endurance, Rhythms and Balance. Another turning point in the history of swimming is when schools accepted swimming as a natural part of any life education. Thus, they began to teach swimming in schools not just as a life safety course but an extracurricular activity. However, swimming competitions began to arise around the mid 1800's. England was the first to modernize the sports and incorporate an indoor swimming pool with a swimming team. In 1837, London's six artificial pools hosted competitions. They began to formulate new swimming styles including the sidestroke and later evolved freestyle swimming. The 1896 Athens Olympic Games included swimming, offering the 100 meter and 1500 meter freestyle. In time, additional freestyle races were added, as well as the backstroke, butterfly, breaststroke, and the individual medley. The world swimming association named Federation International de Notational Amateur (FINA) was established in the year 1908. Women were allowed to participate in 1912 Olympic which was held in Stockholm. Today, swimming is one of the most competitive and most-watched sports at the Olympic Games. Moreover, swimming became one of the top means of exercise. The recreational aspects of swimming continue to make it a popular pastime and a beloved sport. (Wennerberg and Conrad 1997).

2. Materials & Methods:

2.1 Selection of Subject:

Twenty School boys from Jain international school Bilaspur were randomly selected as subjects for the study. The selected subjects were from the age group of 12-16 years.

2.2 Selection of Variables:

Dependent variable: 50mts freestyle performance
 Independent variables: A set of selected swimming training program.

2.3 Criterion Measures:

Test research tool's 50mts freestyle performance test.

2.4 Statistical Procedure:

The data collected were analysed primarily by the descriptive statistics further looking towards the Nature of mean, SD, means difference and "T" value was applied for data analysis is used.

3. Result:

Table - 1

50mMtr Free Style (Swimmer) Performance Pre & Post Test of School Level Boys

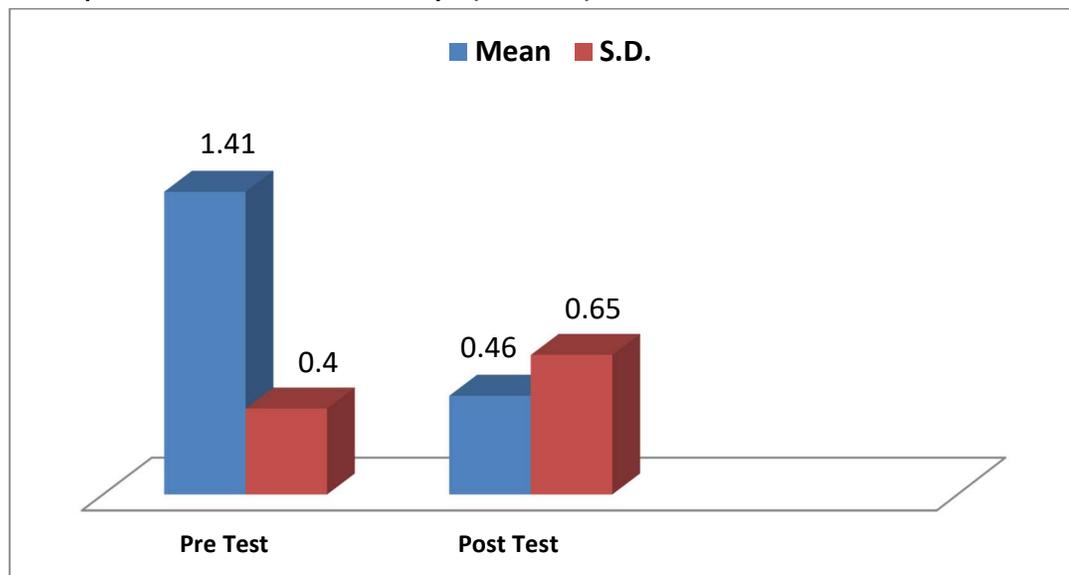
Test	No of students	mean	S.D	Mean difference	t-value
Pre test	20	1.41	0.40	0.91	9.98
Post test	20	0.46	0.65		

*Significant level at 0.05 level

Table1 shows that 50mMtr Free Style (Swimmer) Performance Pre & Post Test of School Level Boys as the calculated value (9.98) is higher than the tabulated 't' value (2.02) at 0.05 level of significance.

Figure -1

Graphical Representation of 50mMtr Free Style (Swimmer) Performance Pre & Post Test of School Level Boys



4. Discussion of Findings:

Selected swimming exercise training program showed significant improvement in 50mts freestyle Performance of school level boys.

5. Conclusion:

Base on the result and discussion this study draws following conclusion selected swimming Exercise training program to improve 50mts freestyle performance of school level boys.

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