



Effect of Plyometrics Training on Speed of B.P.Ed Students

Suman Rani¹

¹Research Scholar, Department of Physical Education, MDU, Rohtak, India.

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Abstract

Objective: The purpose of the present study was to compare the Speed of B.p.ed. Students.

Design: Experimental study

Methodology: A total 20 players were selected as sample. All the students were belongs to department of physical education, MDU, Rohtak. The age of sample were ranged from 18 to 25. To assess the Speed 30 meter dash run test was used. To compare the obtained results 't' test was used as a statistical tool and the level of significance was set at 0.05.

Results: We find out positive effect of Plyometrics training on Speed of the B.P.ED students.

Conclusion: After analysis the obtained results it was observed that mean score of post test is lower than the pre test mean score. It means there was a statistically significant difference in Speed of the B.P.ED students.

Key Words: Speed, B.P.ED, Plyometrics.

1. Introduction:

Physical fitness is defined as the state of general well being, physically sound and healthy, along with mental stability. Previously fitness was commonly defined as the capacity of the person to meet the physical demands of daily life and carry out the day's activities without undue fatigue. However, because of increased leisure time, changes in lifestyles rendered this definition insufficient. These days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo-kinetic diseases, and to meet emergency situations. Speed in fitness terms isn't only the measure of separation you cross amid a specific time. It is likewise your capacity to quicken, achieve a greatest speed and keep up that speed amid exercises. To wind up quicker you have to accomplish certain muscle quality, which is expected to contract muscles in the briefest measure of time conceivable. This sort of quality uses the quick jerking muscle filaments, which are the ones you have to prepare most when expecting to build your speed. Speed preparing is imperative for all competitors, despite the fact that a few games require it more than others. To enhance your speed you need to expand your leg quality and pick up involvement in keeping your body adjusted and facilitated while moving at your best speed. Make sure to warm-up legitimately previously and to give it your everything amid preparing. Speed preparing is quality preparing, which can enhance the nature of your life in all parts of it.

2. Materials & Methods:

2.1 Sample of the Study:

For accomplish the study a total 20 players were selected as subject from department of physical education, MDU, Rohtak (B.P.ED Students). Selection of the sample from population random sample technique was used. The age of the sample were ranged from 18 to 25 years.

2.2 Variable of the Study:

To assess the Speed 30 meter dash run test was used.

2.3 Administration of the Test:

30 Meter Dash Run

Purpose: To measure the maximum speed.

Equipment: Stopwatch (1/100 of a second) and six flag posts, 45 meter running strip measuring tape.

Procedure: Subjects were standing behind the starting line. On getting starts signal he was run faster as possible to whole course of running area.

Scoring: The time taken to complete the course of last 30 meter to the nearest 1/100 of a second was recorded as score of the test. Three chances were given and best one was recorded.

2.4 Experiment Design:

To accomplish the study we used 28 days Plyometrics training.

3. Results of the Study:

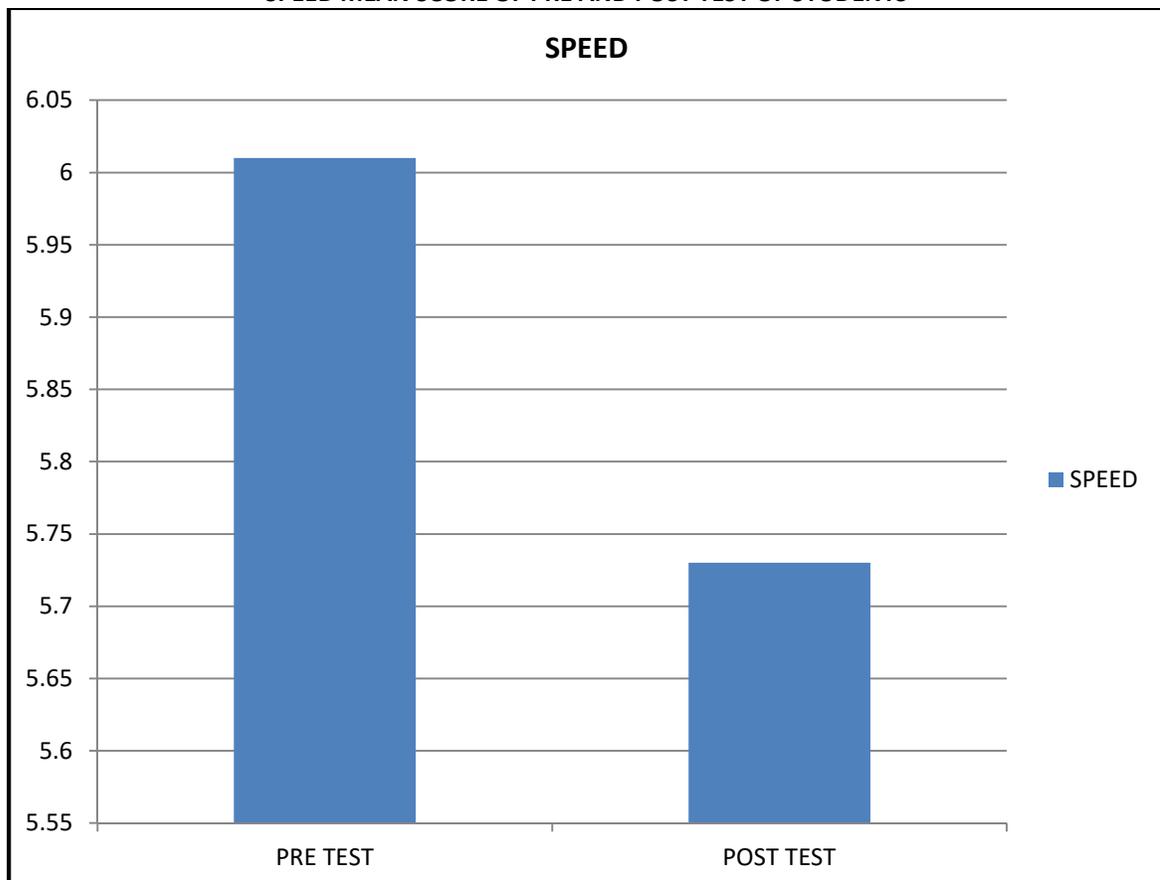
**Table 1:
 Group Statistics**

Group	Variable	Test	N	DF	Mean	Std. Deviation	Std. Error Mean	t
B.P.ED	Speed	PRE TEST	20	19	6.01	.42964	.09607	4.023*
		POST TEST	20		5.73	.47319	.10581	

**Significant at 0.05 with the df 19*

The table no 1 shows the Speed mean score of (B.P.ED students) pre test is 6.01 and mean score of post test is 5.73. Standard deviation of pre test is .42 and Standard deviation of post test is .47. The score obtained t value was 4.02 respectively which were two tailed significant. It means there was a statistically significant difference in Speed of the B.P.ED students. It means the score of pre test of Speed is much high than compression of post test. We find out positive effect of Plyometrics training on Speed of the B.P.ED students.

**Figure: 1
 SPEED MEAN SCORE OF PRE AND POST TEST OF STUDENTS**



4. Conclusion:

After analysis the obtained results it was observed that mean score of post test is lower than the pre test mean score. It means there was a statistically significant difference in Speed of the B.P.ED students. We find out positive effect of Plyometrics training on Speed of the B.P.ED students.

5. References:

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Corresponding Author:

Suman Rani,
Research Scholar,
Department of Physical Education,
MDU, Rohtak, India.