

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

Suman Rani¹, Sandeep Sangwan²

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

²Assistant Professor, Department of Physical Education, MDU, Rohtak, India.

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Abstract

Objective: The purpose of the present study was to compare the agility 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 Agility 4*10 meter shuttle 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 agility 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 agility of the B.P.ED students.

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

1. Introduction:

Physical fitness is a condition of wellbeing and prosperity and, all the more particularly, the capacity to perform parts of games, occupations and day by day exercises. Physical fitness is for the most part accomplished through legitimate sustenance, direct overwhelming physical exercise, and adequate rest. While agility is the capacity to change the body's position proficiently, and requires the mix of separated development abilities utilizing a mix of adjust, coordination, speed, reflexes, quality, and continuance. Readiness is the capacity to alter the course of the body in a proficient and successful way. To be agile, you are responding to what is going on around you, taking in that information and translating it into body positioning that will maintain balance and control. You are moving to the best position to take the next action, such as catching a ball or making a tackle. You are moving in a way that your body and sports equipment are in the right position to take the next action effectively. Agility is one of the key components of fitness and is valuable in many sports and physical activities. Think of the sports where you have to use agility. In team sports such as football, soccer, basketball, hockey, volleyball and rugby you must quickly respond to movements of the other players and of the ball.

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 Agility 4*10 meter shuttle run test was used.

2.3 Administration of the Test:

Shuttle Run (4x10 Meter)

Purpose: To measure the Agility of the subject.

Equipment: Two marker cone or marking tape, measurement tape, stopwatch, flat non-slip surface, with two lines 10 meters apart.

Procedure: Mark two lines 10 meters apart using marking tape or cones. The two Markers were placed on the line opposite the line they were going to start at. On the signal "ready", the participant places their front foot behind the starting line. On the signal, "go!" the participant sprints to the opposite line, picks up a Marker, runs back and places it on or beyond the starting line. Then turning without a rest, they run back to retrieve the second Marker and carry it back across the finish line. Two trials were performed and the best score was selected.

Scoring: Record the time to complete the test in seconds to the nearest one decimal place. A trial was void if a Marker is dropped or thrown.

2.4 Experiment Design:

To accomplish the study we used 28 days Plyometrics training.

3. Results of the Study:

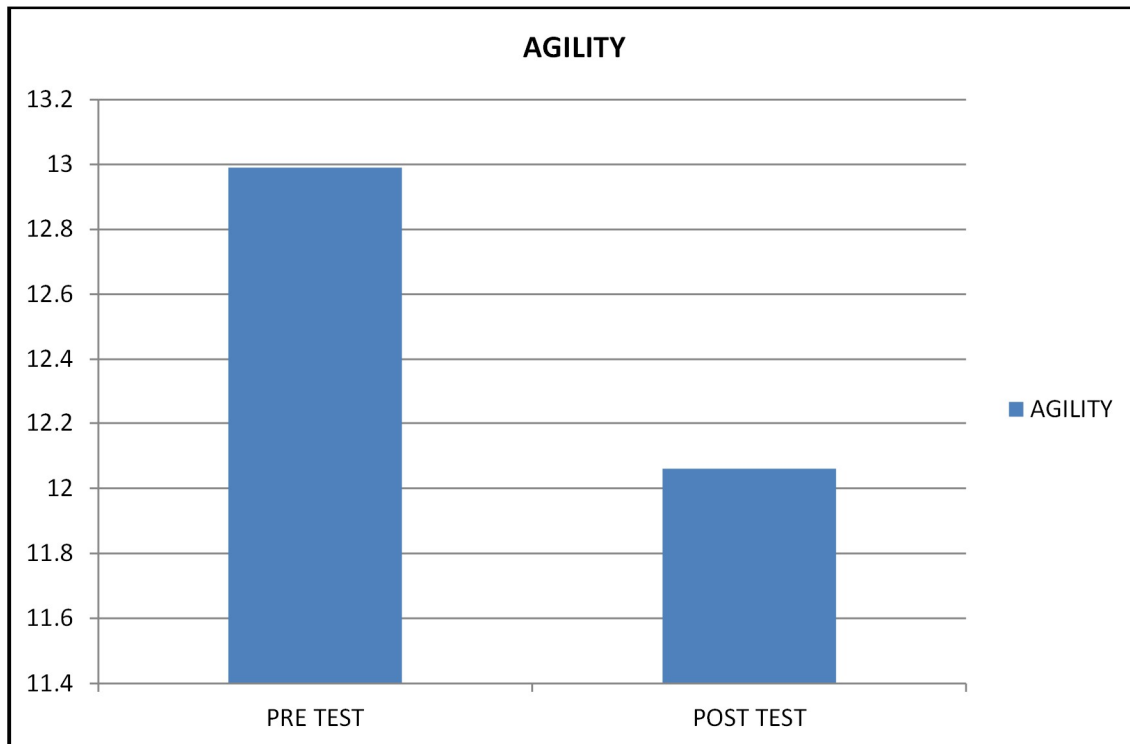
**Table 1:
 Group Statistics**

Group	Variable	Test	N	DF	Mean	Std. Deviation	Std. Error Mean	t
B.P.ED	Agility	PRE TEST	20	19	12.99	1.62	.36	3.76*
		POST TEST	20		12.06	1.00	.22	

**Significant at 0.05 with the df 19*

The table no 1 shows the agility mean score of (B.P.ED students) pre test is 12.99 and mean score of post test is 12.06. Standard deviation of pre test is 1.62 and Standard deviation of post test is 1.00. The score obtained t value was 3.76 respectively which were two tailed significant. It means there was a statistically significant difference in agility of the B.P.ED students. It means the score of pre test of agility is much high than compression of post test. We find out positive effect of Plyometrics training on agility of the B.P.ED students.

**Figure: 1
 AGILITY 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 agility of the B.P.ED students. We find out positive effect of Plyometrics training on agility of the B.P.ED students.

5. References:

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Corresponding Author:

Sandeep Sangwan,
Assistant Professor
Department of Physical Education,
MDU, Rohtak, India.