



Effect of Circuit Training on Strength of M.P.Ed Students

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Received Feb 14, 2018; Accepted Feb 28, 2018; Published Mar 02, 2018

Abstract

The purpose of the present study was to compare the strength of M.P.ED students. A total 20 players were selected as sample. To accomplish the study we used 14 days Circuit training program. 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 Strength Medicine Ball Throw 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. After analysis the obtained results it was observed that there is not much different in mean score of pre test and the post test of M.P.ED students in their strength.

Key Words: Strength, M.P.ED, Circuit Training.

1. Introduction:

Games mentors assert that expanding your strength will enable you to run speedier, bounce higher, hit harder. Physical therapists will disclose to you that expanding quality in a specific muscle will cure back torment, knee torment, and hip agony. Quality is one of the primary wellness parts, imperative for accomplishment in numerous games. Certain games, for example, weight lifting, wrestling and weight tossing; it is the most imperative physical trait. In numerous different games, including group activities like rugby, great quality are additionally vital as a major aspect of the general wellness profile. A vote of the best games requiring quality has the conspicuous game of weightlifting positioned most elevated. See likewise another rundown positioning game in which quality is essential.

1.1 Objective of the Study:

The objective of the study is to compare the strength between M.P.ED students.

1.2 Hypothesis of the Study:

There is a significant difference between M.P.ED students in their strength.

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 (M.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 Strength Medicine Ball Throw test was used.

2.3 Administration of the Test:

Medicine Ball Throw

Purpose: To measure the power of the arms and shoulder girdle.

Equipment: Chair, 2Kg. Medicine Ball and Measuring Tape

Procedure: From a sitting position in a straight back chair, the performer was holding the ball in both hands with the ball drawn back against the chest and just under the chin. Then he was pushed the ball upward and outward for maximum distance. A restraining band was placed around the performers’ chest and held tight to the rear by a partner in order to eliminate rocking action during the push. The performers’ effort should be primarily with the arms. One practice trial might be taken before scoring. Each of two trials was to be taken in succession. Distance was measured from the front edge of the chair to the point of contact of the ball with the floor in centimeters. The better of two distances was recorded as the score.

Scoring: Score was recorded in centimeters.

2.4 Experiment Design:

To accomplish the study we used 14 days Circuit training program.

3. Results of the Study:

**Table 1:
 Group Statistics**

Group	Variable	Test	N	DF	Mean	Std. Deviation	Std. Error Mean	t
M.P.ED	Strength	PRE TEST	20	19	2.53	.37	.08	-.928
		POST TEST	20		2.62	.50	.11	

*** Not Significant at 0.05 with the df 19*

The table no 1 shows the strength mean score of (M.P.ED students) pre test is 2.53 and mean score of post test is 2.62. Standard deviation of pre test is .37 and Standard deviation of post test is .50. The score obtained t value was .928 respectively which were two tailed.

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



