

## Effect Of Package Training On Selected Physical Fitness Variables

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### ABSTRACT

The purpose of the study was to find out the effects of package training on physical fitness variables of PG students of physical education. To achieve the purpose of the study, forty male M P Ed students of Kashmir University were selected as subjects at voluntary and their age were ranged between 20 to 25 years. The selected subjects were divided in to two equal groups of twenty subjects each. Group I underwent package training for three days per week for twelve weeks. Group II acted as control that did not participate in any special training programme apart from their regular activities as per their curriculum. The following physical fitness components namely Speed, Muscular Strength Endurance and Cardio Respiratory Endurance were selected as dependent variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the completion of training programme. The 0.5 level of confidence was fixed as the level of significance. T-test was used to find out the statistical significances of each age groups pre and post mean differences. The result of the study indicates due to varied packages of package (circuit training and plyometric training), Speed, Muscular Strength Endurance and Cardio Respiratory Endurance has been improved significantly.

**Keywords** package training, speed, muscular strength endurance and cardio respiratory endurance.

### INTRUCATION

Sports training are a physical, technical, moral and intellectual participation of an athlete with the help of physical exercises. It is a planned process for the participation of athlete and players to achieve top level performance. Sports training are the basic form of preparation of sportsmen. Sport training is scientifically based and pedagogical process of sports perfection which through systematic effect on psycho-physical performance ability and performance readiness aims at leading the sportsmen to high and highest performance. Hardiyal Singh, Science of Sports Training.

## **Effect of L drill & U drill on agility and speed on football players**

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### **Abstract**

18001030 Football is the most popular sport in the world. Millions of people regularly go to football stadiums to follow their favourite teams, while billions more watch the game on television. It is the sports that demand its players take on a lot of responsibility for what happens in the game, it also demand high level of physical fitness especially speed and agility. The purpose of study was to check the Effect of L drill & U drill on agility and speed on football players for this Thirty (30) male football players from department of physical education university of Kashmir India were selected as subjects. The ages of subjects ranged from 20 to 25 years. The subjects were divided into three equal groups of 10 subjects each. Group I acted as Experimental Group I (L drill Training), Group II acted as Experimental Group II (U drill) and Group III acted as Control Group. Illinois Agility Test (Getchell, 1979) was applied to measure Agility while as 40 Yard Dash was applied for measure speed before and after completion of six week training to get pre test score and post training data. The duration, intensity of two different training was same. Results The result reveals both L drill and U drill had positive effect on the speed and agility, moreover U drill training was significantly better than L drill training in both speed and agility.

Key words:- U drill, L drill, football players, Kashmir

All over the globe, people are attached to football in deep and passionate cultural way. Soccer or football, as it Called in most part of the world. There is just something about soccer, which over the years has earned nick names including the beautiful game, the simplest game, the world's game and the people's game. (Roberts, 2010).Football is played at a professional level all over the world. A very large number of people also play football at an amateur level. (Vijay Asthana, 2009). Football is a popular, complex strategical game of physical and mental challenges. At least 200 million licensed players participate in football and 20 million football games are arranged each year in the world. Football is a team game the object of which is to advance an inflated round ball towards the opponents' goal posts by kicking, passing, dribbling, and playing with any part of the body except arms and hands. (Witvrouw, 2003)Playing any sports offers the opportunity for players to develop qualities that will help them as they strive for excellence in their livesThe contemporary history of football spans more than 100 years. It all began In 1863 in England. When rugby football and association football branched off on Their different courses and the world's first football association were founded (The Football Association). Both forms of



## EFFECTIVENESS OF AEROBIC EXERCISES ON PSYCHOLOGICAL VARIABLES OF SENIOR SECONDARY SCHOOL STUDENTS

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### ABSTRACT

**Introduction:** the aim to study is to know effect of exercise on psychological variables (Anxiety and depression). Anxiety and depression may seem like opposites, anxiety and depression often occur together. The loneliness, hopelessness, and sadness of depression can make afraid and anxious. In turn, this fear and anxiety may make exhausted and more depressed. Anxiety takes many different form, some people with anxiety disorders suffer panic attacks, which are sudden bouts of extreme fear along with a racing heart, breathlessness, and even pain. Others have anxiety that causes them to often relive traumatic events from their past. **Methodology:** To know the effect of physical exercises on the level of anxiety and depression among Senior Secondary School students. Pre-test, post-test experimental design was used to find out the effect of exercises on the subjects. 100 students were selected for the study. Subjects were divided into two groups of 50 each, one group served as experimental and one as control group. Pre-test were conduct on both the groups to know the level of anxiety and depression of the subjects before importing training to the selected subjects. After pre-test the experimental group were provided with training of selected programme of exercises for the period of 6 weeks. **Result:** There is significance difference between the pre test and post test level of anxiety and depression in experimental group while as no significance difference was found between the pre test and post test level of anxiety and depression of Control group.

**Key Words:** Anxiety, Depression, Aerobic Exercise

Anxiety and depression may seem like opposites, but depression and anxiety often occur together. Anxiety and depression are believed to stem from the same biological vulnerability, which may explain why they so often go hand in hand. Since depression makes anxiety worse. Depression is characterized by a number of common symptoms. These include a persistent sad, anxious, or "empty" mood, and feelings of hopelessness or pessimism. A person who is depressed also often has feelings of guilt, worthlessness, and helplessness. Depression is a serious illness. Health professionals use the terms depression, depressive illness or clinical depression to refer to something very different from the common experience of feeling miserable or fed-up for a short period of time. Anxiety is a feeling of tension associated with sense of threat of danger when the source of danger is not known. It is a state of intense apprehension, uneasiness, uncertainly or resulting from anticipation of a threatening event or situation, often to a degree that the normal physical or psychological functioning of the affected person is disturbed. In modern competitive sports, the role of anxiety in sports performance has attracted the attention sports scientists.. Most of the researchers pertaining to relationship between anxiety and sports are concerned with the questions as to how trait anxiety and state anxiety affect sports performance.

The psychological side includes a specific conscious inner attitude and a peculiar feeling state characterized by a physical as well as mentally painful awareness of being powerless to do anything about a personal matter, by a tense and physically exhausting alertness as if facing an emergency. By



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## **Increasing Students' Awareness About Winter Sports At Government College Of Physical Education, Ganderbal**

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**Abstract** The aim of this study is to determine awareness levels of students attending Govt. College of Physical Education about winter sports and to examine the effects of the training program applied within the scope of the study on their cognitive, affective, psychomotor and overall awareness. The study used single-group pre-test and post-test experimental design, which is a quantitative research approach. The participants of the study were 25 students studying in College of Physical Education and Ganderbal. The data collection tools used in the study were 'Personal Information Form', which includes questions to obtain data about their demographic information, and 'Winter Sports Awareness Scale'. The data collected was analysed by using SPSS 20 software. According to the results of the analysis, the changes in cognitive awareness, psychomotor awareness and overall awareness levels according to pre-test and post-test scores were found to be significant while affective awareness levels were not significant.

### **Introduction**

Educational activities designed and prepared at schools, according to the needs of individuals and societies, which aim to result in targeted changes in behaviour of individuals. Both mental as well as physical development are necessary to achieve educational goals that are in harmony with modern education philosophy. Without any doubt, physical education is an indispensable component of general education (Gokmen, 1988), which means sport is an important activity as both in-class and out-of-class practice. Sport activities are, especially important in general education as it allows students to build up a bridge between theoretical and practical content (Fidan & Erden, 1996). Behaviour of individuals develop throughout their lives through education. Learning is a lifelong process that starts first in family environment. Infact, learning always causes behavioral changes in an individual (Tavacioglu, 1999). Today, all countries of the world give importance to sports and try their best to be successful in international sports organisations, which is considered as a sign of international prestige. However, losers often outnumber winners in such events. It is an established fact that sport is an important part of people's lives in countries which are successful in sports (Ozturk, 1998). Various factors, such as income level, educational background, geographical region, transportation opportunities, the nature of pastime activities,



## A STUDY ON PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES OF BHANGRA & YOGA INTERCOLLEGE PLAYERS.

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### Abstract

Bhangra is a Physical Activity which helps one to be fit as it is a form of exercise. One can positively maintain a healthy weight, build and maintain a healthy bone density, muscle strength, and joint mobility, promote physiological well-being, reducing surgical risks, and strengthening the immune system. Yoga is also the best means to develop not only the physical part but also mental part so that man may enjoy both internal and external world. **Objective** To find out the speed, flexibility variation in blood pressure and pulse rate were calculated. **Methodology:** present study was conducted among 80 males were selected (40 subjects were bhangra performers and 40 were yoga practitioners) from the colleges affiliated to Punjabi university Patiala. Random sampling method was used. **Conclusion:** It can be generalized that in order to enhance the speed the activities like bhangra performing can be suggested. Such activities are also advisable for the candidates having blood pressure problems. Yoga and bhangra both are equally advisable to the people who want to increase their flexibility, and control blood pressure problems.

**Key words:** Bhangra performers, Yoga practitioners, Speed, Flexibility, Blood pressure and Pulse rate.

### Introduction

Physical education has existed since the earliest (Clearly 1984) stages of humanity like in areas as simple as hunting. However, the real history of physical education is in the changing methodologies that are used to transmit physical skills. Health is a human condition with physical, social and psychological dimensions, each characterized on a continuum with positive and negative poles (Clement G et. al. 2005). Positive health is associated with a capacity to enjoy life and to withstand challenges. It is not merely the absence of disease whereas Negative health is associated with illness, and in the extreme, with premature death

### Bhangra and Health Related Fitness

There are many activities that develop components of both skill- and health-related physical fitness. These include basketball, racquetball and handball, ice skating and roller skating, and soccer and also various activities like Bhangra and yoga. Many individuals prefer to involve in yoga and bhangra while getting fit rather than engaging in fitness activities like running, cycling, or stair climbing. The competitive and social aspects of sports make them enjoyable for many, and help promote long-lasting compliance (one of the greatest challenges in exercise training).

Bhangra is a form of music and dance that originated in the Punjab region which is primarily in Pakistan and secondarily in India. Bhangra began as a folk dance conducted by farmers to celebrate the coming of Spring, a time known as Vaisakhi. As Bhangra continues to move into the mainstream, cultural understanding of its history and tradition enables people to appreciate it more. Bhangra actions and movements are full of energy and happiness as well as being highly methodical.

Thus, Bhangra is a physical activity which helps one to be fit as it is a form of exercise. One can

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