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Effect of One Year Sports Education Curriculum Training on Athletics Abilities

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Abstract

The purpose of this study was to find out effect of sports education curriculum training on ability of athlete. For this study, 43 students were selected from BPEd. course at T. N. Rao college of physical education, Rajkot. The age of these students was between 20 to 25 years. The students were trained by practical curriculum. Pre and post tests were conducted in 100 mt. run, 800 mt. run, long jump, high jump and shot put. After one year training period, the difference between pre and post test means in items of athlete's abilities were tested by 't' test. It was observed that practical curricular training resulted in significant improvements in test items.

Key words: BPEd course, athletic abilities, students

Introduction

Physical education has historical and wonderful importance. Physical education is not only limited to physical activities, but it helps to develop the art of learning, intellectuality and attitude towards life.

Physical activities are considered as essential elements to modify and maintain quality of life. Today physical education has become the forth essential requirement after the three primary essential elements like oxygen, water and food. A long time ago people believed that the physical education is only a group of activities like malkhamb, wrestling, drill and marching, dips and indigenous activities. But this concept has completely changed today.

In present days, players are prepared by latest methods of coaching and new techniques of training. Many physical education and sports research laboratories have come in existence. Therefore, more attention is given to the parameters of psychology, anthropometry,

physiology and physical fitness, which are related to a persons' ability in sports.

Today's modern and technical age has provided broad field for the development of sports, and sport science has involved in sports activities. It is noticed that physical education and sports, the one and the only field, has involved many subjects, such as biophysics, biochemistry, dietetics, science of sports training, sports sociology, health education etc.

Apart from principles of physical education, related to the sports facts from psychology, physiology, sociology and bio-mechanics, they constitute core discipline of physical education. Games and sports are the applied fields of physical education. Hence, it has been tried to find out the level of students in athletic abilities before and after training of practical curriculum of one year's BPEd. course.

Athletic ability is a combination of different activities like running, jumping and throwing. So considering the importance of athletic abilities in sports, the study is taken on hand to find out the effect of curricular training on students.

Experimental

For this study, 43 students were selected from BPEd. course at T.N.Rao college of physical education Rajkot between the age of 20 to 25 years.

The students were trained by practical curriculum. Pre and post tests were conducted in 100 meter run, 800 meter run, long jump, high jump and shot put.

Criterion Measured

100 Meter Run	Seconds
800 Meter Run	Minute and Second
Long Jump	Meter
High Jump	Meter
Shot Put	Meter

Training Programme

The subjects selected for this study were trained through curricular activities, which were included in practical syllabus, such as athletics, gymnastics, indigenous activities, drill and marching, volleyball, basket ball, handball, kho-kho and kabaddi. Football, hockey and softball were also involved in practice. This training schedule was followed as per daily time table -Surya Namaskar (15 to 20), 800 meter run, jogging, 50 mt. forward – backward run, 100 meter run (forward, backward), rotation exercises, stretching exercise, hip flexor – exercises, cycling, leg exercises, 50 meter walking with inhale and exhale respiration, 50 meter side running and cross - step running, squat plyo jump, split plyo jump, sit ups, cooling down.

Statistical Analysis

After one year training period, the difference between pre and post test means in items of athletic abilities were tested by 't' test.

Results and Discussion

Data regarding pre and post- test means are presented in Figure 1. Significance of these differences is shown in Table 1. Data show that the entire experimental criterions measured are significant at 0.05 levels. It is so because power, agility, speed, strength and endurance are the components which plays important role in sports. It is revealed from analysis of data that, there is less improvement in 100 meter run compared to other activities. This improvement is because of daily practice of warm up, drill and marching, athletics and football. Because of such training, the energy production abilities of muscles are improved. Mostly this change is seen in lower portion of the body. It becomes helpful to maintain workload for a longer period. Because, running is a calorie booster event, its training has improved the amount of calcium in bones. The muscle tendon and ligaments become strengthen. Here, the improvement seen in running event is similar with this matter. There is more significant improvement in 800 meter run. In this activity, endurance is highly required. The working capacity of cardiovascular system is increased and it creates a depth of blood amount in each organ of the body. In the course of Bachelor of physical education (BPEd.) students had practiced everyday with yoga, cross country, football, basketball and handball. These activities improved the capacity of cardio vascular system.

The speed and muscular power is highly required in the activity of long jump. Normally, glycolysis cycle is improved. Actin and myosin elements are seen increased in muscle protein. Here, a significant difference is seen in long jump. It is because of daily practice in drill and marching, hockey and athletics. A more significant difference is seen in high jump compared to the long jump. In the event of high jump the explosive leg power played an important role. The subjects selected for this study were involved in daily practice of long jump, high jump, 100 meter run and 800 meter run, one by one. This repetition of running in team sports

Table 1. Significance of pre and post test means of experimental criterion

Event	Pre test mean	Post test mean	Mean difference	't' value
100 meter run	5.85	6.30	0.45	2.58*
800 meter run	4.81	6.22	1.41	5.63*
Long jump	5.52	6.49	0.97	5.80*
Shot put	5.00	6.05	1.05	4.55*
High jump	5.42	6.63	1.21	2.49*

*Significant at 0.05 level {'t' 0.05 (42)= 2.05}

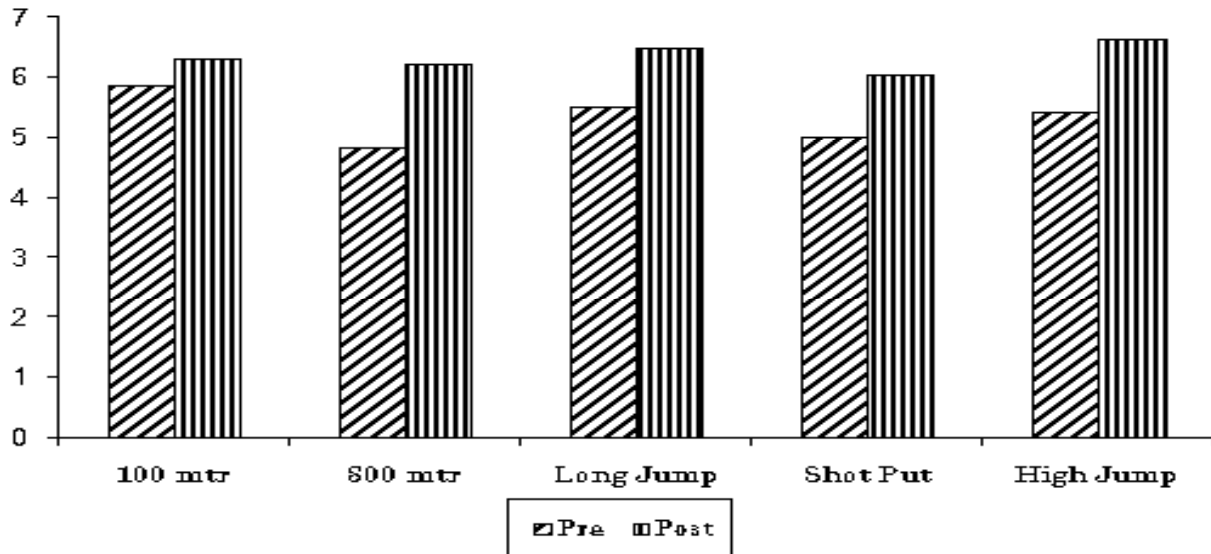


Fig 1 Pre and post test means of experimental criterion

may be responsible for modification in glycolysis cycle. The quality of protein is also increased.

The better shoulder strength is responsible for good performance in shot put. The indigenous activities like wands, dumbbells, and calisthenics produced the range of extension and abduction of muscles due to which the tone of muscle fibers had increased. The proportion of actin and myosin is also increased. Hence the strength of shoulders had improved and it had reflected in the performance of shot put.

Conclusions

It can be concluded that the practical curricular training of BPEd resulted in improvements in various abilities of athlete in the decreasing order of 800 meter run > high jump > shot put > long jump > 100 meter run.

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