CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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Summary, Conclusions and Recommendations

5.0 Summary

The present study was designed to examine the effects of a psychomotor training package on speed, muscular endurance, strength, velocity throws, skill test and reaction time. To achieve this purpose, 32 boys studying in PSG Polytechnic College, Coimbatore were selected as participants and they were in the age range from 16 to 19 years.

The present chapter is organized in three main sections. The first section presents the summary and conclusions; the second section suggests implications for educators, and the third section proposes implications for future research. The selected participants were randomly assigned to two groups namely experimental and control group. The experimental group underwent psychomotor training for duration of 12 weeks and the control group was suggested to refrain from any special training except their leisure time pursuit as college students.

The following were selected as dependent variables such as, speed, strength, muscular endurance, velocity throws, skill test and reaction time test.
5.1 Conclusions

1. In this study it was found that the psychomotor training package has improved the participants’ speed, strength, muscular endurance, reaction time, throwing velocity, MNK skill test scores for accuracy.

2. It was found that there was significant improvement in the non-dominant arm in strength, reaction time, throwing velocity and MNK skill test for accuracy.

3. It was found that there was improvement in dominant arm grip strength and reaction time. Results of throwing velocity, and MNK skill test for accuracy were not statistically significant.

4. The improvements in strength and reaction time of dominant arm may be due to the participants’ exposure to strength training and coordination training activities that were bilateral in nature.

5.2 Implications for Educators

From the discussion of the findings, it is evident that the psychomotor training package had an effect in improving the speed, strength, muscular endurance, throwing velocity and MNK skill test scores for accuracy. Coordinative abilities combined with skill training had improved the performance in the non dominant arm. Coaches and Physical Educators shall give more attention in developing the coordinative abilities on either side of the body to create balance in order to enhance performance. From the literature reviews conducted for this study it is clear that learning to throw with non dominant arm could be achieved and shall start from attempting to master the movements involved and then the variables of throw such as accuracy and velocity.
5.3 Implications for future Research

The following recommendations for future research are based on the results of this investigation and the related literature.

1. It is recommended that further research be designed to investigate the effects of psychomotor training based on gender.

2. It is recommended that further research be designed to investigate the effects of psychomotor training in elite players. Kinematics analysis of throwing performance of underarm could be attempted in future.

3. It is recommended that future studies include EMG (Electromyogram) as one of the dependent variable in non dominant arm studies.

4. It is recommended to include the different age group such as under 10, under 12 and under 14 cricketers in future study as the literature survey indicates that the transfer of learning effects and bilateral skill acquisition is best possible when attempted at early stages in a players career.

5. It is recommended that the dependent variable of strength of the non dominant leg may be included in future studies.

6. Three or four group design may be adopted to find out the combined effects of different training programme in future research.