CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The word ‘Training’ has been a part of human language since ancient times. It denotes the process of preparation for some tasks. Some experts, especially belonging to sports medicine, understand sports training as basically doing physical exercises. Several terms used in training e.g. strength training, interval training, technical and tactical training reflect his time of thinking.

Training involves constructing an exercise programme to develop an athlete for particular event. Healthy competitions necessitate innovations and remove the road block of complacency on the road to progress and success. Without competition, training is meaningless today. Sports training are based on the competitive motive. Each nation is trying to excel the other and achieve top level performance and win laurels in international competitions. Today’s records are proved to be lower performance of tomorrow than tomorrows.

Sports Training aims to prepare a sportsman for better performance through physical exercise. It is based on the scientific principles of aiming at education and performance enhancement. The improvement of physical fitness includes improvement of general health and organic functions as well as increasing the strength and stability of the muscle-skeletal system. Development of motor skill is also the objective of sports training. Sports activities consist of motor movement and action and their
success depends largely on how correctly they are performed. Techniques of training and improvement of tactical efficiency play a vital role in the training process.

In this context, the investigator made an attempt to effect of Sports Vision Training programme on selected visual skills and performance factors of basketball players.

To achieve the purpose of the study, For this purpose, forty (N=40) men students who participated in intercollegiate basketball tournaments were selected randomly as subjects. They were divided into two equal groups of twenty (n=20) namely Sports Vision Training group (group-I) and Control group (group II). The training period was limited to three days per week for twelve weeks. The control group did not involve in any training.

The dependent variables such as Dynamic Visual Acuity, Depth Perception, Arm Eye co-ordination, Peripheral Vision, Speed Dribble, Dribble and shoot and Passing were selected as dependent variables.

The data obtained from the experimental groups before and after the experimental period were statistically analyzed with dependent ‘t’ test and Analysis of Covariance (ANCOVA). Whenever, the obtained ‘F’ ratio for the adjusted post-test was found to be significant, post hoc test was not applied due to involve of only two groups. In all cases, 0.05 level was fixed as level of confidence to test the significance which was considered as appropriate.
5.2 CONCLUSIONS

From the analysis of the data, the following conclusions are drawn.

1. The Experimental group namely, Sports Vision Training group had significantly improved in Visual skills such as Dynamic Visual Acuity, Depth Perception, Arm Eye co-ordination and Peripheral Vision.

2. Significant differences in achievement were found among Sports Vision Training group in all the Visual skills such as Dynamic Visual Acuity, Depth Perception, Arm Eye co-ordination and Peripheral Vision.

3. The Experimental group namely, Sports Vision Training group had significantly improved in Basketball Performance factors such as Speed Dribble, Dribble and shoot and Passing.

4. Significant differences in achievement were found among Sports Vision Training group in all the Basketball Performance factors such as Speed Dribble, Dribble and shoot and Passing.

5. The Sports Vision training group was found to be better than the Control Group in developing Dynamic Visual Acuity, Depth Perception, Arm Eye co-ordination, Peripheral Vision, Speed Dribble, Dribble and shoot and Passing.

5.4 RECOMMENDATIONS

1. As the Sports Vision training effectively influenced the Visual skills and Basketball Performance factors such as Dynamic Visual Acuity, Depth Perception, Arm Eye co-ordination, Peripheral Vision, Speed Dribble, Dribble and shoot and Passing, it is recommended that further can be conducted to find out the effect of Sports Vision Training for Basketball Players.

2. The Sports Vision training effectively influenced the Visual skills and Basketball Performance factors such as Dynamic Visual Acuity, Depth
Perception, Arm Eye co-ordination, Peripheral Vision, Speed Dribble, Dribble and shoot and Passing. Hence, it is recommended coaches, trainers, to include Sports Vision Training in their training program.

3. A similar study may be conducted by selecting other Visual ability Components, Physiological and Psychological variables as criterion variables.

4. A similar study may be attempted by selecting the state or national level Basketball player as subjects.

5. A similar study may be conducted on female subjects.

6. A similar study may be conducted on School level subjects.