CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

One of the greatest pleasures in the sports is exposure to performance at its highest level. There is something almost artistic about an athletic that is well beyond the normal and demonstrates exceptional grace speed, and control while performing a skill. Getting to the highest level requires skill attainment, mental toughness, years of purposeful practice and dedication (Cho 1990). Sports attract the common people not only for the pleasure but too many reasons. It helps individual to keep him fit to lead a healthy life, and to show the extraordinary talent in public place, to enjoy by participating, and get a job under sports quota and settle in their life. To spend the leisure time, no doubt it is the sports which plays predominant role in the modern society. Sport has a popular appeal among people of all ages and both sexes.

Sports are no longer just sports and games. They are business all over the world. The boom in Prize money and the practice of internationally renowned sportsman signing on the dotted line to endorse the products has made sports, big business. Sports lovers all over the World are happy that reputed sportsmen are no longer obliged to follow a regime of high thinking and low living.

Volleyball is a sport played by two teams consisting of 12 players each on a playing court, divided by a net. The object of the game is to send the ball over the net in order to ground it on the opponent’s court and to prevent the same effort by the opponent. The team has three hits or contacts to return the ball. The fundamental skills of the game
are Pass, Service, Attack, Set, Block, and Dig. Though it was started for recreation, and those who were not able to play basketball they enjoyed playing it as they like. Now it has come to Olympic sport.

The researcher is interested to take up this game and to apply some strategy to attract the players for the active participation and to develop the game. The reviews revealed that the step aerobics and plyometric training programmes have influenced the physical fitness, physiological variables and skill performance variables among the participants. Previous researches showed that physical exercises in the form of step aerobics and plyometric training have contributed for the development of physical, physiological and psychological variables. There was lack of research to prove the effect of step aerobics on volleyball performance.

This research was aimed at effect of step aerobics and plyometric training on selected physical, physiological and skill performance variables responses in higher secondary school volleyball players. To achieve the purpose of this study, thirty school volleyball players from Kenderiya Vidyalaya Sulur, were selected as subjects for this study at random and their age was ranging from 16 to 18 years. The volleyball players had a similar academic work and regular activities in accordance with the requirements of their school curriculum and followed the schedule of training for preparation of the inter-school competitions.

The study was formulated as a true random group design, consisting of a pre test and post test. The subjects (n=30) were randomly assigned to three equal groups of ten in each. The groups were assigned as step aerobics group, plyometric group and Control Group respectively. Step aerobics group was given 12 weeks step aerobics training, plyometric
group was given 12 weeks plyometric training and the control group was not given any treatment, but they were allowed to play their game regularly. Pre tests were conducted for all the subjects on selected physical, physiological and skill performance variables.

The post tests were conducted on the above said dependent variables after a period of 12 weeks training on all the three groups namely, step aerobics group, and plyometric group and control group. The data collected on selected criterion variables were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out the significant difference if any, between the groups on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as appropriate.

5.2 CONCLUSIONS

Within the limitations and delimitations of this study, the following conclusions were drawn from this study:

1. It was concluded that the step aerobics exercise group improved flexibility and vital capacity than plyometric and control group

2. It was concluded that the development of muscular strength, explosive power, anaerobic power, vital capacity, service and attack in volleyball are due to plyometric training.

3. In reviewing such effect of plyometric training on muscular strength, explosive power, anaerobic power, vital capacity, service and attack in volleyball it was concluded that the plyometric training group had improved better than the other two groups.
5.3 RECOMMENDATIONS

This study proved that there was significant improvement in selected physical, physiological and skill performance variables among school volleyball players due to plyometric training.

Hence it is recommended that physical educationists, coaches, and sports administrators to include suitable step aerobics for initial period to attract and train the students, and plyometric training later period to improve their required sports specific components such as fitness, skill performance.

It was also recommended that step aerobics and plyometric training be practiced at different categories of students at school level.

Because of the advantage of simplicity of the step aerobics and plyometric training these exercises can be included in the physical education curriculum of the students at all levels.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

During the course of this research, the investigators come across a number of ideas and based on the experiences gained the following suggestions are made for further research.

1. Similar research study may be conducted to find out the psychological impact on step aerobics and plyometric training to enhance the volleyball playing ability among school level players.

2. A similar study may be conducted for female volleyball players.

3. A similar study may be conducted with six weeks.
4. A similar study may be conducted with a change of training protocol for other games like basketball and football.

5. A similar study may be conducted with a change of training protocol for college level athlete especially for sprinters, and throwers.