CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to find out the “Influence of interval training and staircase training on selected physical, physiological and performance variables among men hockey players”. To achieve this purpose of the study, forty five men hockey players from affiliated College of Manonmaniam Sundaranar University, Thirunelveli Tamilnadu were selected as subjects at random and their age were ranged between 18 to 21 years. The selected players were divided into three equal groups of fifteen subjects each. Group I underwent interval training, Group II underwent staircase training for three days per week for twelve weeks. Group III acted as control group that did not participate in any special training programme apart from their regular activities as per their curriculum. The following physical, physiological and skill performance variables namely speed, leg explosive power, agility, resting pulse rate, Vo2 max and anaerobic power, dribbling, pushing and hitting were selected as dependent variables. All the subjects of three groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. Since, three groups were compared, whenever the obtained ‘F’ ratio for adjusted post test was found to be significant, the Scheffe’s test to find out the paired mean differences, if any. The .05 level of confidence was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as an appropriate.
CONCLUSIONS

The interval training has produced significant improvement on selected physical, physiological and performance variables namely speed, leg explosive power, agility, resting pulse rate, \( \text{Vo}_2 \) max and anaerobic power, pushing, dribbling and hitting among college men hockey players.

The staircase training has produced significant improvement on selected physical, physiological and skill performance variables namely speed, leg explosive power, agility, resting pulse rate, \( \text{Vo}_2 \) max and anaerobic power, dribbling, pushing and hitting among college men hockey players.

RECOMMENDATIONS

Based on the results of the study, the recommendation has been made.

In the present study, the effect of both interval and staircase training have significant improvement on the criterion variables among college men hockey players. Thus both training will be useful in developing the selected variables.

STUDY FOR FUTURE WORK

1. The duration of the training period may be increased upto 15-18 weeks to examine the training effect.

2. The similar study may be carried out by selecting national or state level players as subjects.

3. The similar study may be carried out by selecting school level players as subjects.

4. The present study can be extended to variable using anthropometric, psychological, hematological variable and biochemical aspects.