CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to find out the effects of varied packages of plyometric training on selected motor ability components and physiological variables among college men students. To achieve this purpose of the study, one hundred and twenty untrained healthy college men students of M.G.R. College, Hosur, Krishnagiri District were selected as subjects at random and their age were ranged between 18 to 23 years. The selected subjects were divided in to four equal groups of thirty subjects each. Group I underwent low intensity plyometric training, Group II underwent medium intensity plyometric training and Group III underwent high intensity plyometric training for three days per week for twelve weeks. Group IV acted as control that did not participate in any special training programme apart from their regular activities as per their curriculum. The following motor ability components and physiological variables namely speed, leg explosive power and muscular endurance, resting pulse rate, vo2 max and anaerobic power were selected as dependent variables. All the subjects of
four 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.

5.2 CONCLUSIONS

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

1. There was a significant difference among low intensity plyometric training, medium intensity plyometric training, high intensity plyometric training and control groups on selected motor ability components such as speed, leg explosive power, muscular endurance.

2. There was a significant difference among low intensity plyometric training, medium intensity plyometric training, high intensity plyometric training and control groups on selected physiological variables namely resting pulse rate, VO₂max and anaerobic power among college men students.
3. Significant improvements noticed on selected motor ability components such as speed, leg explosive power, and muscular endurance due to low intensity plyometric training, medium intensity plyometric training and high intensity plyometric training.

4. Significant improvements noticed on selected motor ability components such as speed, leg explosive power, and muscular endurance due to low intensity plyometric training, medium intensity plyometric training and high intensity plyometric training on selected physiological variables namely resting pulse rate, VO$_2$ max and anaerobic power among men college students.

5. Among the experimental groups, high intensity plyometric training group significantly improved the selected dependent variables namely speed, leg explosive power, muscular endurance, resting pulse rate, VO$_2$max and anaerobic power than that of low intensity plyometric training and medium intensity plyometric training groups.
5.3 RECOMMENDATIONS

Based on the results of the study, the following recommendations were drawn.

1. In the present study, it was concluded that high intensity plyometric training had much influence on all the criterion variables. Hence, it is recommended to the coaches, trainers, and the physical educators to adopt this practice to improve selected motor ability components and physiological variables.

2. The same study may be done by knowing detraining and retraining effects.

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

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

5. The similar study may be conducted by selecting women students as subjects.

6. The similar study may be conducted with large number of samples.