CHAPTER- V
SUMMARY, CONCLUSION
AND RECOMMENDATIONS
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Summary

The purpose of the study was to analyse the “Effect of specific circuit training program on the selected physical fitness variables and long jump performance of collegiate women athletes”.

To achieve the purpose 90 students were put into three equal groups namely experimental group I & II and control group. Pre-test and post-test was administered to three groups on muscular endurance, speed, flexibility, agility, explosive power and long jump performance.

Circuit training program was administered to experimental group I & experimental group II. Third group acted as control group without training. Twelve weeks training was given for experimental groups. Experimental group I with 5 days in a week and experimental group II with 3 days in a week. After training post-tests were conducted for the three groups on the physical fitness variables and long jump performance which was recorded as data of study.

Conclusions

With the help of the interpretation of data, the following conclusions were drawn from the study.

1. There was significant difference between the (post-test of the) experimental groups and control group in muscular endurance, speed, flexibility, agility, explosive power and long jump performance. Hence first hypothesis was accepted.

2. Experimental group I with 5 days training in a week was better than the experimental group II with 3 days training in a week and control group in all experimental variables. Hence, the second hypothesis was proved right.

3. Experimental group II is better than control group in all experimental variables.

Hence hypothesis three was accepted.
Muscular Endurance

The results of the study shows that Experimental Group I is better in muscular Endurance than Experimental Group II and control Group. The Experimental Group II subjects are better than control group.

Speed

The results of the study shows that Experimental Group I is better in speed than Experimental Group II and control Group. The Experimental Group II subjects are better than control group.

Flexibility

The results of the study shows that Experimental Group I is better in flexibility than Experimental Group II and control Group. The Experimental Group II subjects are better than control group.

Agility

The results of the study shows that Experimental Group I is better in agility than Experimental Group II and control Group. The Experimental Group II subjects are better than control group.

Explosive Power

The results of the study shows that Experimental Group I is better in Explosive Power than Experimental Group II and control Group. The Experimental Group II subjects are better than control group.

Long Jump Performance

The results of the study shows that Experimental Group I is better in Long Jump performance than Experimental Group II and control Group. The Experimental Group II subjects are better than control group.
Recommendations & Implications

The result of the study yielded the following recommendations.

1. Circuit training can be recommended in the training programs to improve the performance in athletic events.

2. The study may be conducted to find out difference among men students.

3. The same study may be conducted with comparison between the regions, states and attitude.

4. The same study may be conducted with different level of students.

5. The same study may be conducted on the anthropometric, physiological variables also.

6. The same study may be extended for boys and girls of different age groups.