CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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Summary
The present study was designed to examine the relative effects of jump rope training, running ABC, and stick drill training followed by speed training on speed parameters such as acceleration, speed, stride length, stride frequency, mobility, explosive power in terms of (vertical and horizontal), and speed endurance. To achieve the purpose of the present study, sixty men students studying in Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, were selected as participants and they were ranged from 20 to 25 years.

The present chapter is organized in three main sections. The first section presents the summary and conclusions, the second section suggests implications for educators, and the third section proposes implications for future research. The selected participants were randomly (Simple Random Sample) assigned to one of four groups of fifteen each (n=15) such as three experimental groups and a control group. The Group A underwent jump rope training followed by speed training, Group B underwent running ABC training followed by speed training, and Group C underwent stick drill training followed by speed training for a duration of 12 weeks with alternative three days per week in addition to the regular schedule of the college and Group D
acted as control which was asked to refrain from any special training except their leisure time pursuit as college students.

Among the speed parameters, the following dependent variables were selected for this study such as acceleration, speed, stride length, stride frequency, mobility, explosive power (vertical), explosive power (horizontal), and speed endurance.

The pre test and post test random group design was used as experimental design in which sixty men participants were divided into four groups of fifteen each at random. No attempt was made to divide the groups in any manner. The collected data from the four groups prior to and immediately after the training programme on selected criterion variables were statistically analyzed with dependent ‘t’ test to find out the significant improvement between pre and post-test means of both groups and analysis of covariance (ANCOVA) was used to find out the significant difference between experimental and control groups. Whenever the ‘F’ ratio for adjusted test was found to be significant, the scheffe’s test was applied as post-hoc test to find out paired mean difference. In all the cases 0.05 level of significant was fixed to test the hypothesis.

**Conclusions**

1. This study was found that the jump rope training followed by speed training group improved the participants’ acceleration, speed, stride length, stride frequency, mobility, explosive power (vertical), explosive power (horizontal), and speed endurance.
2. This study was found that the Running ABC followed by speed training group improved the participants’ acceleration, speed, stride length, stride frequency, mobility, explosive power (vertical), explosive power (horizontal) and speed endurance.

3. This study was found that the stick drill training followed by speed training group improved the participants’ acceleration, speed, stride length, stride frequency, mobility, explosive power (vertical), explosive power (horizontal) and speed endurance.

4. The experimental groups namely jump rope, running ABC and stick drill training followed by speed training groups had significant difference towards improving the participants’ acceleration, speed, stride length, stride frequency, mobility, explosive power (vertical), explosive power (horizontal), and speed endurance.

5. Stick drill training followed by speed training outperformed than the jump rope training and running ABC followed speed training on acceleration, stride length, stride frequency, and mobility.

6. Jump rope training followed by speed training outperformed than the stick drill training and running ABC followed speed training on explosive power in term of (vertical and horizontal) and speed endurance.
Implications for Educators

From the discussion of the findings, it is evident in this study that stick drill training and jump rope training were effective in supporting participants’ speed performance. A close examination of the results revealed that speed training alone is insufficient as a form of training for speed. Also it is inferred that the stick drill and jump rope trainings were particularly effective in supporting speed parameters. Therefore, stick drill and jump rope trainings can be integrated with speed training to develop speed parameters in turn it will improve the overall speed of the participants.

The stick drill and jump rope trainings should be included in speed training programs.

In this study, the findings showed that the jump rope training and stick drill training followed by speed training were particularly effective in supporting speed parameters. Therefore, Physical educators, trainers and coaches should give more attention stick drill and jump rope trainings.

Implications for Future Research

The following recommendations for future research are based on the results of this investigation and the related literature.

1. It is recommended that further research be designed to investigate the effects of training programmes based on gender.

2. It is recommended that further research be designed to investigate the effects of training in an elite subject population.
3. It is recommended that further research be designed to investigate the effects of training on both previously endurance and resistance trained subjects.

4. It is recommended that further research be conducted using more strenuous training programs.

5. It is recommended that future study include analysis of skeletal muscle morphology, skeletal muscle capillarization, muscle metabolic enzymes, hormone concentrations, as well as all the dependent variables measured in this investigation.