Summary, Conclusions and Recommendations
CHAPTER - V

SUMMARY, CONCLUSIONS & RECOMMENDATIONS

SUMMARY

Sports in the present world has become extremely competitive. It is not the more participation or practice that brings victory to an individual. Therefore sports activities are affected by various factors, like physiology, Bio-mechanism, Sports training, Sports medicine, Sociology, psychology, etcetera. All the coaches, trainers physical education personnel and doctors are doing their best to improve the performance of the players of their country. Sports persons of all the countries are also trying hard to bring laurels / medals for their countries in international competitions.

Training is not a recent discovery. In ancient times, people systematically trained for military and Olympic endeavours. Today athletes prepare themselves for a good through training.

Training represents a long term endeavour. Athletes are not developed overnight and a coach can not create miracles cutting corners through over looking scientific and methodological theories.

Sports training is a basic preparation for better performance through physical exercise. It is based on scientific principles
aiming at education and performance enhancement. Sports activities consist of motor movement and action, and their success depends on a great extent on how correctly they are performed, techniques of training and improvement of tactical efficiency play a vital role in a training process.

PROCEDURE

The purpose of the study was to find out the comparative effects of different training packages, such as speed play (fartlek training) and repetition running on selected motor ability components and physiological variables and running performance of 800 mt running. To achieve this purpose of the study, 60 school boys aged between 16 and 17 years of age were randomly selected as subjects for this study. They were divided into three equal groups, each group consisting of twenty subjects in which group-I underwent a fartlek training group-II underwent repetition running programme and group-III acted as control group who did not participate in any special training. The subjects were tested on selected criterion variables such as speed, agility, muscular endurance, resting pulse rate, respiratory rate, cardio respiratory endurance and 800 M running performance prior to and immediately after the training periods. The selected criterion variables speed was measured by 50 M dash, agility was measured by shuttle run, muscular endurance was measured by sit ups, resting pulse rate was measured by pulse monitor breath holding time was measured by bio monitor, cardio respiratory endurance was measured by 12 Min run/walk test and 800 M running
performance was measured by 800 M running. The analysis of covariance (ANCOVA) was used to find out the significant differences, if any, among the experimental groups and control group on selected criterion variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as appropriate.

**CONCLUSIONS**

The following conclusions are drawn based on the findings of the study.

1. Participation in fartlek training and repetition running training results in a significant decrease in time in speed on experimental groups when compared with control group.

2. The fartlek training and repetition running training groups significantly reduces the timing of shuttle run (agility) as compared to control group.

3. The fartlek training significantly improved the muscular endurance and resting pulse rate when compared with control group. Where as the repetition running training did not significantly improved the muscular endurance and resting pulse rate when compared with control group.

4. Respiratory rate did not alter significantly for fartlek training group when compared with control group. Where as the repetition running training group significantly
decreased the respiratory rate when compared with control group.

5. The fartlek training and repetition running training groups significantly improved cardio respiratory endurance and 800M running performance when compared with control group.

RECOMMENDATIONS

1. The investigator has not made any attempt to control the diet. Hence it is recommended for further studies to explore the effect of fartlek training and repetition running training on the selected variables after taking into account considering the diet as one of the control variables for better performance.

2. It is recommended for further studies to explore the combination of fartlek training and repetition running training may provide better results on the selected variables.

3. Effect of this training can be assessed on motor fitness components also.

4. Similar study may be conducted for school girls or college men or women or different age groups.
5. Similar study may be conducted for some other performance variables.

6. Similar investigation may be made on other motor ability components and psychology variables.

7. Similar research may be conducted on different types of training that improves the performance of the performance variable.