Chapter-V

Summary, Conclusions and Recommendations

SUMMARY

Fitness is key to happy life. Exercise is an important aspect of a total fitness programme. Modern living has taken all the exercises out of our lives and so in order to get fit and had a healthy life; we should get into the habit of doing some exercises. Regular exercise is necessary to develop and maintain an optimum level of health, performance, and appearance. It makes us feel good, both physically and mentally. It gives psychological strength, better confidence and a sense of accomplishment. Looking young is a reflection of good health. Regular physical exercise enhances the function of the joints, assures physical well-being and promotes mental health besides increasing physical ability by increasing cardio respiratory fitness, muscle strength and endurance and decreasing the risk of being serious diseases that could lead to early disability and death.

Today training in sports is mostly based upon the competitive motives. Each nation is trying hard and vying with each other devising novel methods and training programmes to improve the skills of its sportsmen and women so that it could win international competitions and prove to be a great nation in
the field of sports and games. Today’s records are likely to be broken by the performance of tomorrow. This is because; stress is being laid on the quality rather than the quantity of training. Hence training in sports has become an important and inevitable factor for enhancing performance and for achieving excellence. As sports competitions are increasing day by day, the varieties of training also increase from time to time, to improve the performance.

Training is the main component and the basic form of preparing an athlete for higher level of performance. It is a systematically planned preparation with the help of the exercise, which realized the main factors of influencing athlete’s progress. The content of training includes physical, technical, and psychological aspects of the preparation of the sportsman. Through systematic training the athlete’s fitness level and his acquisition of vital knowledge and skill are improved.

In this context, the investigator has made an attempt to find out the acute effects of Continuous running and Intermittent training programmes on selected Bio-motor, Bio-chemical and athletic performance factors of professional college men athletes.
For this study, forty five (N=45) men students who participated in Anna University Zone-XIII inter-collegiate athletic meets during the year 2012-2013, were selected randomly as subjects. They were divided into three equal groups of fifteen (n=15), namely experimental Group-I (Continuous Running) Group-II (Intermittent training), and Group III (Control group) that did not involve in any training. The training period was limited to three days per week for twelve weeks. The dependent variables selected for this study were Speed, Agility, Cardio Respiratory Endurance, High Density Lipoproteins Cholesterol (HDL), Low Density Lipoproteins Cholesterol (LDL), Very Low Density Lipoproteins (VLDL), 100 Meters Run, 800 Meters Run and 1500 Meters Run. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables.

The data obtained from the experimental groups before and after the experimental period were statistically analyzed with dependent ‘t’-test and Analysis of covariance (ANCOVA). Whenever the ‘F’ ratio for adjusted post test means was found to be significant, the Scheffe’s Post hoc test was applied to determine the paired mean differences. The level of confidence was fixed at 0.05 level for all the cases.
CONCLUSIONS

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

1) The Experimental groups, namely Continuous running and Intermittent training groups have shown significant improvement in selected Bio-motor factors such as Speed, Agility, and Cardio Respiratory Endurance.

2) Significant differences in achievement have been found among Continuous running and Intermittent training groups in all the Bio-Motor variables such as Speed, Agility, and Cardio Respiratory Endurance.

3) The Experimental groups, namely Continuous running and Intermittent training groups have shown significant improvement in selected Bio-chemical factors such as High Density Lipoproteins Cholesterol (HDL), Low Density Lipoproteins Cholesterol (LDL), and Very Low Density Lipoproteins Cholesterol (VLDL).

4) Significant differences in achievement have been found among Continuous running and Intermittent training groups in all the Bio-chemical factors such as High Density Lipoproteins Cholesterol (HDL), Low Density Lipoproteins Cholesterol (LDL), and Very Low Density Lipoproteins Cholesterol (VLDL).
5) The Experimental groups, namely Continuous running and Intermittent training groups have shown significant improvement in selected Athletic performance factors such as 100 meters run, 800 Meters run, and 1500 meter run.

6) Significant differences in achievement have been found among Continuous running and Intermittent training groups in all the Athletic performance factors such as 100 meters run, 800 Meters run and 1500 meter run.

7) The Intermittent training group have been found to be better than the Continuous running group and Control group in developing Speed, Agility, Cardio Respiratory Endurance, High Density Lipoproteins Cholesterol (HDL), Low Density Lipoproteins Cholesterol (LDL), Very Low Density Lipoproteins Cholesterol (VLDL), 100 Meters Run, 800 Meters Run and 1500 Meters Run.

**RECOMMENDATIONS**

1) A similar study may be conducted by selecting other Motor Ability Components, Bio-Chemical, and Athletic performance factors as criterion variables.
2) A similar study may be attempted by selecting the district, state, and national level students as subjects.

3) A similar study may be attempted by selecting the high and higher secondary school level students as subjects.

4) From the present study, it may be concluded that Speed, Agility, Cardio Respiratory Endurance, High Density Lipoproteins Cholesterol (HDL), Low Density Lipoproteins Cholesterol (LDL), Very Low Density Lipoproteins Cholesterol (VLDL), 100 Meters Run, 800 Meters Run, and 1500 Meters Run have been/can be improved by Intermittent training group. Hence, trainers and Physical Educators could adopt such training to improve Speed, Agility, Cardio Respiratory Endurance, High Density Lipoproteins Cholesterol (HDL), Low Density Lipoproteins Cholesterol (LDL), Very Low Density Lipoproteins Cholesterol (VLDL), 100 Meters Run, 800 Meters Run, and 1500 Meters Run among the college students.

5) A similar study may be conducted on female subjects.

6) A similar study may be undertaken to analyze the physiological factors.