CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The game of football demands a high level of fitness that will enable the players to run strongly, to move quickly off the mark in any direction to control, to pass accurately and to tackle efficiently throughout the game. Football requires a fairly high standard of physical fitness along with skills. Since the game of football is played for 90 minutes (if necessary an extra period of 30 minutes in the match ends in a draw in knock out tournament) it demands a high level of physical fitness and the training programme should be planned accordingly. The player in would physical condition is generally throughout to have the ability to do sustained work over a longer period. Hence speed, power, strength, endurance, agility, cardio respiratory endurance and flexibility are essential qualities required to develop by all players. For good performance in any sports the standard of fitness is basic requirement. The motor fitness variables are highly important in the achievement of outstanding results in sports performance. Though one of the motor fitness variable like speed as an innate quality, proper and scientific training tends to improve most of the motor variables. The majority of sports events and competitions it is the performance of the motor fitness variables such as speed, power, strength, endurance, agility, flexibility and cardio respiratory endurance, that often decide the fate of the event. High level performance of a football player may be depending upon is physical capabilities supported by other factors. In most of advanced and developed countries the awareness of the fitness, motor learning and skill development among children in yearly age itself are very much scientific to realize their dreams of high
achievements in sports. High level of general fitness with motor abilities like speed, power, strength, endurance, agility, cardio respiratory endurance, jumping activity and balance etc., are essential qualities to require to be developed by football performance.

The purpose of the study was to find out the “effects of circuit resistance training and super circuit resistance training on selected motor fitness variables among college football players.” To achieve this purpose of the study, forty five college football players from CMS College at Kottayam, Baselius College at Kottayam and St. Thomas College at Pala, affiliated to Mahatma Gandhi University, Kottyam, and Kerala, India were selected as subjects at random. Their age was between eighteen and twenty four. The study was formulated as pre and post test random group design, in which forty five players were divided into three equal groups. The experimental group one (n = 15 CRT) underwent circuit resistance training, the experimental group two (n = 15 SCRT) underwent super circuit resistance training, and group three (n = 15CG) served as control, who did not undergo any specific training. In the study, two different training approaches were adopted as independent variables, i.e., circuit resistance training and super circuit resistance training. The following motor fitness variables were selected as dependent variables. They were listed as follows: Speed, speed endurance, cardio respiratory endurance, muscular endurance, flexibility, agility and leg explosive power. The speed performance was measured by 50 meters dash and recoded in seconds. The quality of speed endurance was measured by 150 meters run and recorded in seconds. The capacity of cardio respiratory endurance was tested by cooper 12 minutes run/walk test and recorded in meters. The muscular endurance was measured by using modified bent knee-sit-ups, and recorded in counts per minute. Flexibility was measured by using sit and reach test and recorded to the nearest centimeter. Agility was measured by using shuttle run test and recorded to the seconds. Leg explosive power was measured by using
vertical jump test and recorded in centimeter. During the training period the following
three groups were formed. Group I - for circuit resistance training, Group II – for
super circuit resistance training, Group III - for control group. Two training groups
underwent their respective training programmes on three alternative days each week,
for twelve weeks. The subjects of group - I and II underwent their respective training
programme as per schedule under the supervision of qualified football coaches along with
the researcher who provided motivation, advice and encouragement to the players.
Each day the training schedule was conducted only in the morning session that lasted for
ninety minutes. Prior to and after every training session players of experimental groups
had ten minutes of warm-up and ten minutes of warm down exercises involving jogging,
mobility and stretching exercises. The pre and post-test random group design was used.
Analysis of covariance (Ancova) was used to find out the overall significant differences
among the groups with respect of each parameter. The Scheffe’s post hoc test was used to
find out pair-wise comparisons between groups with respect of each parameter.
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 appropriate.

5.2 CONCLUSIONS

In the light of above findings of the present study the following conclusion have
been drawn:

1. The circuit resistance training and super circuit resistance training have produced
   significant improvement on selected motor fitness variables namely speed,
speed endurance, muscular endurance, cardio respiratory endurance, flexibility,
agility, and leg explosive power, greater than control group of college football
players.
2. Muscular endurance was highly developed owing to super circuit resistance training than the circuit resistance training.

3. Cardio respiratory endurance quality more gained on super circuit resistance training than the circuit resistance training.

4. The circuit resistance training and super circuit resistance training have produced similar development on speed, speed endurance, flexibility, agility, and leg explosive power.

5. The control group did not show any improvement on the selected motor fitness variables.

5.3 RECOMMENDATIONS

Based on the results of the study, the following recommendations have been made:

1. In the present study, the effect of both circuit resistance training and super circuit resistance training has significant improvement on the criterion variables among college football players. Thus both training will be useful in developing the selected variables.

2. In the present study super circuit resistance training is highly favored on muscle endurance and cardio respiratory endurance. Hence the super circuit resistance training recommends for the better developments of oxygen consumptions.

3. The same study may be done for female football players, with reduce the training volume and intensity of the training.
4. A similar study may be carried out by selecting national or state level players as subjects.

5. A similar study may be conducted by selecting school boys and girls students as subjects.

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

7. A similar study may be conducted on to know the change at biochemical, anthropometrical, psychological and physiological variables of football players.