CHAPTER V
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5.1 INTRODUCTION

In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight. Staying active means keeping the body functioning at a high level. Regular exercise will maintain the performance of the lungs and heart to most efficiently burn off excess calories and keep the body weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve endurance. The benefit of physical activity is that it decreases the risk of heart disease, stroke, cancer, diabetes and high blood pressure. Regular exercise has been long associated with a fewer visits to the doctor, hospitalisation and medication. Exercising does not have to be something boring and dreaded. It can be something that is enjoyable and that helps to increase the overall happiness in life, as well as relieve symptoms of stress, depression and anxiety. Any type of moderate activity like walking, jogging, swimming, biking or organised sports can contribute to physical fitness. To get the most benefit, one should begin by warming up for 5 to 10 minutes to increase the blood flow and prepare the body for activity. Follow the warm up with several minutes of stretches to increase the flexibility and lower the risk of injury. Complete the selected exercise or activity for 20 to 30 minutes and conclude the workout with 5 to 10 minutes of cool down and stretching.
Circuit training is an excellent way to simultaneously improve mobility, strength and endurance. The circuit training format utilises a group of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a prescribed time period before moving on to the next exercise. The exercises within each circuit is separated by a longer rest period. The total number of circuits performed during a training session may vary from two to six depending on one’s training level i.e., beginner or intermediate or advanced, one’s period of training i.e., preparatory period or competition period and one’s training objective.

5.2 SUMMARY

The purpose of study was to find out effects of different surfaces of circuit training on selected performance related variables of inter-collegiate cricketers.

To achieve the purpose of the study, the investigator randomly selected eighty cricketers (twenty cricketers from each college) from various colleges in Kerala namely Zamorin’s Guruvayurappan College, Kozhikode, School of Physical Education and Sports Sciences, Kannur, National Institute of Technology Calicut, and Government Arts and Science College, Kozhikode and they were equally divided into 4 groups namely grass surface circuit training group, wooden surface circuit training group, synthetic surface circuit training group, and control group. Their age group were 18 to 23 years. The circuit training groups underwent training programme for twelve weeks (three days a week) whereas the control group was not given any training. Prior to the administration of tests and training, a meeting was
held with the subjects, in which the objectives and purpose of the study were made clear.

The data pertaining to the selected performance related variables such as speed, agility, leg explosive power, resting pulse rate, VO₂ max and aerobic capacity were collected by conducting pre-test and post-test. The collected data were statistically examined for significant difference by dependent ‘t’ test. Analysis of Covariance (ANCOVA) was used to find out the adjusted mean difference of the treatment groups. When the study was significant, the scheffe’s post-hoc test was used to find out the paired mean difference. The level of significance was chosen at 0.05 level.

5.3 CONCLUSIONS

The findings of the study are given below:

1. Circuit training on grass surface produced significant improvement on the selected performance related variables due to twelve weeks of circuit training among inter-collegiate cricketers.

2. Circuit training on wooden surface produced significant improvement on the selected performance related variables due to twelve weeks of circuit training among inter-collegiate cricketers.

3. Circuit training on synthetic surface produced significant improvement on the selected performance related variables due to twelve weeks of circuit training among inter-collegiate cricketers.
4. Further, the study concluded that when the improvement among the three surfaces namely grass, wooden, and synthetic were compared, no significant differences were found on the selected performance related variables due to twelve weeks of circuit training among inter-collegiate cricketers.

5.4. RECOMMENDATIONS

Based on the major findings of the present study, the following recommendations are made:

1. The grass, wooden, and synthetic surfaces of circuit training have produced better results on the selected performance related variables namely speed, agility, leg explosive power, resting pulse rate, VO$_2$ max and aerobic capacity owing to twelve weeks of circuit training interventions. Hence, the researcher recommends to the physical education teachers, coaches, and personal trainers for maintaining general as well as specific fitness programmes.

2. A similar study may be conducted among school boys and girls with a reduction in training load.

3. A similar study may be attempted among state and national level cricketers with an increased training load.

4. A similar study may be conducted on observation of psychological and biochemical variables.

5. A similar study may be attempted in hypoxic conditions.
6. A similar study may be conducted by increasing the total training duration.

7. The same study may be done on other sports disciplines like football, basketball, tennis, and so on.

8. The same study may be conducted among inter-collegiate women cricketers.