CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 SUMMARY

The term 'Training' is widely used in sports. The word 'Training' has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and years.

Sports' training is done for improving sports performance. The sports performance, as any other type of human performance, is not the product of on single system or aspect of human personality. On the contrary, it is the product of the total personality of the sports person. The personality of a person has several dimensions e.g., physical, physiological, social and psychic. In order to improve sports performance the social and psychic capacities of the sports person also have to be improved in addition to the physical and physiological ones. In other words the total personality of a sportsman has to be improved in order to improve his performance. Sports' training, therefore, directly and indirectly aims at improving the personality of the sportsman. No wonder, therefore, sports training is an educational (i.e., pedagogical) process. So, sports training plays a vital role in every sports person’s life.

In the international arena, sports has seen enormous development with the respect to training. Adaptation of training methods is one of the major criteria to enhance the quality of sportsmen. There are numerous training methods are being followed by various countries in the different region of the globe for different games. Training methods are also vary from individual to individual and their game of specialization sport as well.

The present research work discussed elaborately about the influence and importance of complex training to acquire motor fitness components chosen for
this study effectively. Complex training is a highly effective form of physical training that combines both resistance strength training and plyometric explosive power training. The idea is to use the combination of resistance and plyometric exercises to superbly engage the nervous system and activate more fibres. Complex training describes a power-developing workout that combines weights and plyometric exercises. In the recent past, these workouts were greeted with great acclaim as research indicated that the complex training could enhance the power and strength related components of sportsmen. Hence, the present study is an attempt to emphasize to change the training schedule from individualized to complex in nature.

5.1 FINDINGS

1. Based on the analysis of pre and post test scores on speed, agility, flexibility, arm strength, leg strength, muscular strength endurance, arm explosive power leg explosive power, and cardio respiratory endurance the following are the findings of this study.

2. Resistance followed by plyometric training (RPTG) and plyometric followed by resistance training group (PRTG) shows significant improvement on speed, agility, flexibility, arm strength, leg strength muscular strength endurance, arm explosive power leg explosive power and cardio respiratory endurance on baseline to post-test. Whereas control group did not show any significant improvement from baseline to post-test.

3. In analysis the individualized effect of resistance followed by plyometric training (RPTG) significant improvement was observed on speed, agility, flexibility, muscular strength & endurance, arm explosive power and leg explosive power.

4. In analysis this individualised effect of plyometric followed by resistance training (PRTG) significant improvement was observed on arm strength, leg strength and cardio respiratory endurance.

5. When comparing the overall result of the study resistance followed by plyometric training was the superior training model to develop majority of the (speed,
agility, muscular strength & endurance, flexibility, arm explosive power leg explosive power, and cardio respiratory endurance) motor fitness components.

6. The plyometric followed by resistance training was the appropriate model for developing the strength and cardio respiratory endurance of university sports men.

7. Both the training models used in the study are very effective models for the development of speed, agility, muscular strength endurance, flexibility, arm explosive power leg explosive power and cardio respiratory endurance of the university level sports men.

5.2 CONCLUSION

In the light of the findings of the present study the following conclusions have been made.

The training model used in this study were well structured based on the principles of training. In developing the motor fitness components related to speed, agility, flexibility, arm explosive power, leg explosive and muscular strength & endurance, the derived results lead to conclude that while formulating the complex training, better to initiate with resistance training (RPTG) followed by plyometric training (PRTG). Further, when one wants to develop the motor fitness components such as arm strength, leg strength and cardio-respiratory endurance, the derived results lead to conclude that while formulating the complex training intact with plyometric training followed by resistance training. Overall analysis of this study reveals that resistance followed by plyometric training (RPTG) is the superior model to develop maximum parameters of selected motor fitness components of University sportsmen.
5.3 RECOMMENDATIONS

1. The Effects of varied forms of complex training are explained on motor fitness components of University sportsmen in detail in this study. So the physical education personals can prefer this type of training to improve the motor fitness components among sportsmen.

2. In selecting the proper training program, it is recommended that a training program can be designed in complex form rather than individualized in nature in order to acquire the chosen motor fitness components effectively.

3. It is recommended that this type of training can be undertaken based on the nature of sports and level of playing on motor fitness components.

4. It is recommended the complex training can be given to sportsmen during pre-competition seasons.

5. Since the complex training is fast switch muscle fibers oriented this training can be included in the training schedule for the sportsmen who actively participates in fast switch fibers required sports activities.