Summary

Sport and games involve competition. Without competition, there is no game. Competition provides a forum within which people strive to become competent, to become excellent. The opportunities for rivalry within sport are many and varied: team against team, individual against individual, individual against a record, individual now against a previous best performance, individual against a physical barrier. Competition involves individuals and groups striving for excellence within the rules and traditions that make up a sport, including all the festival characteristics that give the sport additional flavor and meaning.

Performance sport aims at high sports performance and for that the physical and psychic capacities of sportsman are developed to extreme limits. This normally doesn’t happen on other areas of human activity. As a result, performance sports yield valuable knowledge about the limits to which human performance and various performance factors can be developed. It also leads to discovering of means and methods of improving
various physical and psychic capacities (performance factors) to exceptionally high levels. This knowledge can be fruitfully applied to other areas of sports and human activity.

The purpose of the study was to find out the effect of Continuous training with and without Mental Training on Selected Bio-Motor and Psychomotor variables among Inter Collegiate women athletes. To achieve this purpose, forty five (N=45) women athletes studying at K.S. Rangasamy College of Arts and Science and K.S.R. College of Arts and Science for Women, Tiruchengode, Namakkal, Tamilnadu, India who have participated inter collegiate athletic meet during the academic year 2011-2012 were selected randomly as subjects and their age were ranged between 17 to 21 years. The selected subjects were divided into three equal groups of fifteen subjects each. Group I underwent Continuous training with mental training and Group II underwent Continuous training without mental training for twelve weeks. Group III acted as control which did not participate in any training programme apart from their regular activities as per their Curriculum. The following Bio-Motor and Psychomotor variables namely Speed, Agility, Flexibility, Leg explosive power, Differentiation ability, Eye & Hand co-ordination, Kinesthetic perception and Reaction ability were selected as dependent variables. All the subjects of three groups were tested on selected
dependent variables at prior to and immediately after the training programme.

The analysis of covariance was used to analyze the significant difference, if any among the groups. Since, three groups were compared, whenever the obtained ‘F’ ratio for adjusted post test was found to be significant, the Scheffe’s Post hoc test to find out the paired mean differences, if any. The 0.05 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 for the experimental design.

**CONCLUSIONS**

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

1. There was a significant difference existed among Continuous training with Mental Training, Continuous training without Mental Training and control groups on selected Bio-motor variables such as Speed, Agility, Flexibility and Leg explosive power among Inter Collegiate women athletes.

2. There was a significant difference among Continuous training with Mental Training, Continuous training without Mental Training and control groups on selected psychomotor variables such as Differentiation ability, Eye
& Hand co-ordination, Kinesthetic perception and Reaction ability among Inter Collegiate women athletes.

3. Significant improvements were also found on selected Bio-motor variables such as Speed, Agility, Flexibility and Leg explosive power due to Continuous training with Mental Training and Continuous training without Mental Training for 12 weeks.

4. Significant improvements were also found on selected Psychomotor variables such as Differentiation ability, Eye & Hand co-ordination, Kinesthetic perception and Reaction ability due to Continuous training with Mental Training and Continuous training without Mental Training for 12 weeks.

5. Among the experimental groups, Continuous training with Mental Training group significantly showed better performance the selected dependent variables namely Speed, Agility, Flexibility, Leg explosive power, Differentiation ability, Eye & Hand co-ordination, Kinesthetic perception, and Reaction ability than Continuous training without Mental Training.
RECOMMENDATIONS

Based on the results of the study, the following recommendations were drawn.

1. In the present study, it was concluded that Continuous training with Mental Training had much influence on all the criterion variables due to the effect of experimental treatment. Hence, it is recommended to the coaches, trainers, and the physical educators to adopt this practice to improve the components of Bio-Motor and Psychomotor variables.

2. The same study may be conducted by knowing detraining and retraining effects.

3. The duration of the training period may be increased up to 15 – 18 weeks to examine the further training effect on the selected bio-motor and psychomotor variables.

4. The similar study may be carried out by selecting national or state level men and women as subjects.

5. The similar study may be conducted with large number of samples.