CHAPTER 5
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY:

A random sample of 15 male subjects of Government Degree college (Men), Anantapur was used in this study. A pre-experimental bout was introduced to make them run 100 metres four or five days consecutively to bring the subjects into a conditions ready for the experiment in which the conditioning factor was warded-off. Therefore, the subject was made to run till there was no improvement. Only that timing was taken in which he showed no improvement in pre-experimental bout performance of 100 metre. The experimental bout was a set of selected warming up Isometric exercises and also Isotonic exercises administered in two different sessions. The effect of warming up Isometric exercises was studied by making the subject run 100 metres immediately after the set of warming Isometric exercises were administered and the performance in 100 metres recorded in seconds. A rest interval of 15 days was given for deconditioning. The same procedure was adapted
for warming up by selected Isotonic exercises. The number of exercises and time duration was same both for Isometric and Isotonic warming up loads. The recorded data were studied comparatively for statistical significance and interpretations and conclusions were drawn in the light of the recorded and treated data.

CONCLUSIONS:

1. The warming up of selected Isometric exercises can produce statistically significant improvement in 100 metres time performance.

2. The warming up of selected Isotonic exercises can produce statistically significant improvement in 100 metres performance.

3. The selected Isotonic exercises as warming up procedure was statistically significant than the selected Isometric exercises.
RECOMMENDATIONS:

1. Since this research was done with limited number of subjects to study the reliability and significance of effect of warming up on time performance of 100 metres may be taken up with large number of subjects (say 100 of 150 subjects) at the Doctoral level.

2. Research studies also undertaken with altered batteries of Isometric and Isotonic exercises and variations of experimental details of test batteries.