CHAPTER - V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to find out the effect of weight training and circuit training on selected physical and physiological variables of college Basketball players. To achieve this purpose of the study, sixty subject were selected as players at random and their ages were ranged between 17 to 25 years. The selected players were divided into three equal groups of twenty players each. Group I underwent Circuit training, Group II underwent Weight training for three days per week for Six month. Group III acted as control Group that did not participate in any special training programme apart from their regular activities as per their curriculum. The following physical fitness variables namely Speed, Explosive Power, Agility, Flexibility, Physiological variable such as Resting Pulse Rate, Vital Capacity, Cardio Respiratory Endurance, Blood Pressure were selected as a variables. All the players of the three groups were tested on selected variables, 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 they obtained ‘F’ ratio for adjusted post test was found to be significant, the Scheffe’s test to find out the paired mean differences, if any. The 0.05 level was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as an appropriate.

5.2 CONCLUSIONS

On the basis of the findings, the followings conclusions are drawn.

1. The Circuit Training group and Weight training group improved the Physical variables such as Speed, Explosive Power, Agility, Flexibility and physiological variables such as Resting Pulse Rate, Vital Capacity, Blood Pressure, Cardio Respiratory Endurance from pre to post training.
2. Circuit Training group produced a significant improvement in Speed, Explosive Power, Agility, Flexibility, Resting Pulse Rate, Blood Pressure, Vital Capacity and Cardio Respiratory Endurance better than the Control group.

3. Circuit Training group produced a significant improvement in Speed, Flexibility, Resting Pulse Rate, Blood Pressure and Cardio Respiratory Endurance better than the Weight Training group.

4. Weight Training group produced a significant improvement in Explosive Power better than the Circuit Training group.

5.3 RECOMMENDATIONS

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

1. In the present study, the effect of Weight Training and Circuit Training on selected Physical and Physiological Variables of college Basketball players, the physical education teachers, trainers and coaches can prefer this type of training so as to achieve their aim in time.

2. The concept behind Weight Training (performing powerful muscle contractions) is that it may produce stimulus more specific to what would be experienced on the playing field. This study also proved that weight raining increases the Physical and Physiological parameters, of Basketball. Hence the Basketball coaches must use this training in the conditioning and training programme to increase the performance of Basketball players.

3. In the present study it has been proved that the Circuit Training enhances the selected Physical and Physiological variables performance variables of Basketball players. This is due to integrating the numbers of exercise which help to perform in a fatigue stage, resulting in potentially increasing power production. Hence the Basketball players can use this type of training as a module in order to achieve high level skill performance in the game of Basketball.

4. The same study may be conducted on selected psychological, physiological and biochemical variables on others sports players.
5. It is recommended that coaches must be mindful of individual strength levels, and be prepared to varied training modalities on power combination workout training.

6. In selecting the physical exercises while designing the training program, it is recommended that the form of exercise should have the structure of the skills instead of a static one.

7. To have the better psychological adaptations and to overcome the monotonous modules during the course it is also suggested that the application of varied training modalities to players is significant one.

8. It is recommended that while imparting the combining strength oriented and power oriented training, coaches should avoid high volume, shortest period training before power training.

9. It is recommended that the weight training may be useful for other set of populations by modifying the load, repetition and volume.

10. It is recommended that the circuit training may be given to the players for high level performance during the competition periods.

5.4 UTILITY OF RESEARCH

1. This research can be utilize for such kind of a circuit training programme for further studies

2. This research can be utilize to develop the Inter collegiate and inter university team of Basketball.

3. For uplifting the performance of physical education teachers, coaches and players in their research