CHAPTER V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study is to find out the effect of endurance, strength and concurrent training on selected physiological variables such as fat free mass, body fat and Basel metabolic rate and lipid profiles such as HDL-C, LDL-C and Total Cholesterol among college women players.

For the present study, 60 college women players who represented inter-collegiate and inter university level competitions irrespective of sports and games were selected randomly as subjects from Govindammal Aditanar College for Women, Tiruchendur. The age of the subjects ranged between 18 and 25 years. The selected subjects will be divided into three experimental groups: and a control group with fifteen subjects (n=15) each. The selected subjects were divided into two experimental groups: Group I (ETG) - Endurance Training Group, Group II (STG) - Strength Training Group, Group III (CTG) - Concurrent Training Group, and Group IV (CG) Control Group. The selected criterion variables physiological and lipid profiles were assessed prior to and immediately after the eight weeks of training period by using the standardized tests. The experimental design used in this study was pre and post test random group design involving 60 subjects. All the training sessions were supervised by the researcher. However, control group was not exposed to any specific training but they participated in the regular scheduled work.

The collected data were analyzed by using Analysis of Covariance (ANCOVA). Whenever the 'F' ratio was found to be significant, Scheffe’s test was used as post-hoc test to determine which of the paired means differed significantly.
In all cases the criterion for statistical significance was set at 0.05 level of confidence (P<0.05).

5.2. CONCLUSIONS

The current study focuses on endurance, strength and concurrent training on selected physiological and lipid profiles among college women. The researcher investigated only college women players who represented inter-collegiate and inter university level competitions irrespective of sports and games, and training was designed only for them.

1. Eight weeks of endurance, strength and concurrent training increased the fat free mass and basal metabolic rate among college women players.

2. Similarly, endurance training, strength training and concurrent training decreased the body fat percentage among college women players.

3. The present investigation concluded that endurance, strength and concurrent training methods increased the level of HDL-C among college women players.

4. The findings of the present study indicate that endurance, strength and concurrent training methods reduced the level of LDL-C and total cholesterol among college women players.

5. The present study also concluded that concurrent training (combination of endurance and strength training) was better than the endurance training and strength training in the development of all the selected physiological and lipid profiles among college women players.

6. The results of the present study also revealed that strength training group was better than the endurance training on selected criterion variables such as body fat and basal metabolic rate. Besides, there is no significant difference exists
between endurance training group and strength training group on selected fat free mass, HDL-C, LDL-C and total cholesterol among college women players.

5.3. RECOMMENDATIONS TO THE SOCIETY

1. The present study concludes that concurrent training was identified as the best training, it was recommended to the doctors or physiotherapists to include it in their remedial programme to improve the healthy lipid profile and physiological parameters.

2. Concurrent training can be integrated with their life style to develop moderately in physiological and lipid profile in turn it would improve the overall fitness and health of the human being.

5.4. RECOMMENDATIONS TO THE RESEARCHERS

The results of the study carried out the following recommendations for further studies in this area.

1. Substantiate the findings in other training settings and for other physical activities/sports and games.

2. The intensity of the training and number of training sessions can be fixed according to the different age level of the subjects.

3. The present study thus needs to be strengthened or supported by more relevant research studies.