CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

The purpose of the study was to find out the effect of varied packages of physical training for preparatory and competitive periods on selected motor ability components, physiological variables, speed parameters and hundred metres run performance among school level boys between 14 to 19 years age group.

The additional purpose of the study was to find out the differences among the effects of varied packages of physical training for competitive period on selected motor ability components, physiological variables, speed parameters and hundred metres run performance among school level boys between 14 to 19 years age group.

For the purpose of this study, eighty boys studying in the high school and higher secondary schools of Puducherry region were randomly selected as subjects and their range of age group is between fourteen to nineteen years.

The total subjects were divided into four groups called as I, II, III and IV and each group consist of twenty students. The groups I, II and III were treated as experimental groups and the group IV was considered as control group. The initial tests on motor ability components, physiological variables, speed parameters and performance variable were taken and recorded for all the four groups.

All the three experimental groups were trained for six days per week for a period of 30 weeks. The training periods were divided into two stages. First 16 weeks were treated as preparatory period and the remaining 14 weeks were treated as competitive period.
Among the three experimental groups, group I was involved with package I preparatory period physical training with required intensity and required volume. Group II was taken up with package II preparatory period physical training with above 90% intensity and required volume, and the group III trained with the package III preparatory period physical training with fixed high intensity and fixed high volume. The control group was not involved in any physical trainings.

After 16 weeks of preparatory period training, the second test on all the motor ability components, physiological variables, speed parameters and performance variable were taken for all the four groups.

Then, the three experimental groups further underwent physical training of competitive period schedules for a period of 14 weeks, with the same pattern of intensity and volume which had been followed during preparatory period. After 14 weeks of competitive period physical training the final test on all the motor ability components, physiological variables, speed parameters and performance variable were taken and recorded. The effects were analysed for both preparatory and competitive periods.

Among the motor ability components, physiological variables, speed parameters and performances variables, the following variables were selected as criterian variables, namely speed, leg explosive power, agility, flexibility, resting pulse rate, anaerobic power, cardio-respiratory endurance, 30 metres run performance from flying start, 30 metres run performance from crouch start, 300 metres run performance and 100 metres run performance.

The study was aimed at mainly in finding out the effects of varied packages of physical training on selected motor ability components, physiological variables, speed parameters and performance variable. In addition to that it has been analysed, if there was any differences among the effect of three experimental groups. Analysis of co-variance was used for interpreting the results as recommended by Clarke and Clarke. Further, the Scheffe’s test was
applied as post hoc test to determine which of the paired means had a significant difference, in all the cases 0.05 level of significant was fixed to determine the significance.

5.2. CONCLUSIONS

5.2.1. STAGE I – Conclusions for Preparatory Period

From the results of the study which was related with preparatory period training schedule the following conclusions were drawn

1. The package I training group trained with gradually loaded intensity and required volume, package II training group trained with fixed high intensity and required volume and package III training group trained with fixed high intensity and fixed high volume have significantly improved the speed, agility, flexibility, resting pulse rate, anaerobic power, 30 metres run performance from flying start, 30 metres run performance from crouch start, 300 metres run performance and 100 metres run performance, when compared to control group.

2. The package I training group trained with required intensity and required volume has recorded significant improvement in leg explosive power, agility, flexibility, cardio respiratory endurance, anaerobic power and 100 metres run performance when compared to package II and package III training groups.

3. The package II training group trained with fixed high intensity and required volume has recorded significant improvement in the speed, resting pulse rate, 30 metres run performance from flying start, 30 metres run performance from crouch start and 300 metres run performance when compare to package I and package III training groups.

4. The package I and package II experimental groups training have significantly improved the leg explosive power when compared to control group.
5.2.2. STAGE II – Conclusions for Competitive Period

From the results of the study which was related with competitive period training schedule, the following conclusions were drawn.

1. The package I, package II and package III experimental groups training have significantly improved the speed, flexibility, resting pulse rate, anaerobic power, 30 metres run performance from flying start, 30 metres run from crouch start and 300 metres run performance when compared to control group.

2. The package I physical training group has recorded significant improvement in speed, leg explosive power, agility, flexibility, resting pulse rate, anaerobic power, 30 metres run performance from flying start, 30 metres run performance from crouch start, 300 metres run permanence and 100 metres run performance when compared to the package II and package III training groups.

3. The package III training had recorded significant improvement in cardio respiratory endurance when compared to control group.

4. The package I physical training group with required intensity and required volume has recorded significant improvement in leg explosive power and 100 metres run performance when compared to control group.

5.3. RECOMMENDATIONS

1. In the present study it was concluded that for the competitive period the 100 metres run performance and leg explosive power were significantly improved by package I competitive period training. Hence, it is recommended to the coaches, physical educators and trainees to adopt these findings to improve the performance.

2. In the present research, variables namely speed, leg explosive power, agility, flexibility, resting pulse rate, anaerobic power, 30 metres run performance from flying start, 30 metres run performance from crouch start, 300 metres run performance and 100 metres run performance were
improved significantly by package I training when compared to package II and package III training, hence it is recommended to adopt these findings for better performances.

3. A similar study may be conducted for college male, college female and school girls students as subjects.

4. The same study may be conducted with national level sprinters as subjects.

5. Similar study may be conducted on other athletic events such as 200 metres run, 400 metres run, middle and long distance runs, jumping events and throwing events.

6. A similar type of study may be conducted on different age groups.
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