Indo American Journal of Multidisciplinary Research and Review
ISSN: 2581 - 6292 / Website: www.iajmrr.com

EFFECT OF INTERVAL TRAINING ON RESTING PULSE RATE AMONG KHO KHO PLAYERS

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Cite This Article: Dr. R. Anitha & Dr. P. Senthil Kumar, "Effect of Interval Training on Resting Pulse Rate Among Kho Kho Players", Indo American Journal of Multidisciplinary Research and Review, Volume 3, Issue 1, Page Number 27-28, 2019.

Abstract:

The purpose of the study was to investigate the effect of interval training on resting pulse rate among kho kho players. It was hypothesized that there would be significant differences on resting pulse rate due to the effect of interval training among kho kho players. For the present study the 30 male kho kho players from Namakkal, were selected at random and their age ranged from 18 to 21 years. For the present study pre test – post test random group design which consists of two groups. The subjects were randomly assigned to two equal groups of fifteen each. Group 'A' underwent interval training only, group 'B' underwent no training. The data was collected before and after twelve weeks of training. The data was analyzed by applying 't' test. The level of significance was set at 0.05. It was observed that the six weeks of interval training have significantly decreased the resting pulse rate of kho kho players.

Key Words: Interval Training, Resting Pulse Rate, Kho Kho Players.

Introduction:

Interval training is a highly taxing type of training that we could compare with the extremely strenuous work performed by Sisyphus. According to Greek mythology, Sisyphus was the king of Corinth and well known for his craftiness. When Hades, the god of death, came to get him, Sisyphus tricked Hades and put him in chains. Hades eventually escaped and punished Sisyphus for his trickery. The sentence was that Sisyphus would eternally push a huge stone to the top of a hill. Every time Sisyphus reached the summit the stone would roll back down forcing him to start his work again and again and again. Those who want to experience Interval training had better remember the work of Sisyphus. The concept has a firm foundation in physiological principles. Researchers have demonstrated that athletes can perform a considerably greater volume of work by breaking the total work into short, intense bouts with rest, or reduced activity, intervals interspersed between consecutive work bouts. The intervals of work and rest are usually equal and can vary from several seconds to five minutes or more.

Methodology:

The purpose of the study was to investigate the effect of interval training on resting pulse rate among kho kho players. It was hypothesized that there would be significant differences on resting pulse rate due to the effect of interval training among kho kho players. For the present study the 30 male kho kho players from Namakkal, were selected at random and their age ranged from 18 to 21 years. For the present study pre test – post test random group design which consists of two groups. The subjects were randomly assigned to two equal groups of fifteen each. Group 'A' underwent interval training only, group 'B' underwent no training. The data was collected before and after twelve weeks of training. The data was analyzed by applying 't' test. The level of significance was set at 0.05.

Results

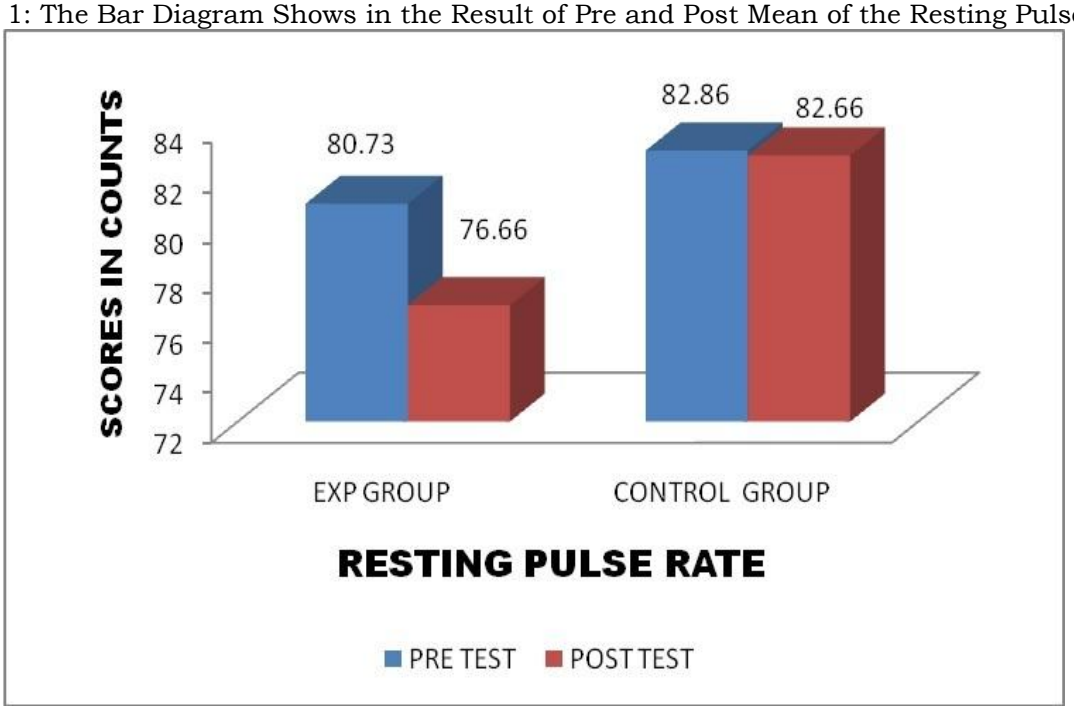
Table 1: Dependent 't'- Ratio on Kho Kho Players Resting Pulse Rate

S.No	Group	Mean		Standard Deviation		r	Obtained Value	Table Value
		Pre	Post	Pre	Post			
1	Control Group	82.86	82.66	2.82	2.53	0.98	1.18	2.14
2	Experimental Group	80.73	76.66	2.12	1.92	1.02	34.70*	

Degree of freedom = (N – 1) = 14. *Significant at 0.05 level of confidence. Table value at 0.05 level = 2.14

Table 1 shows that the mean value of pre and post test means were 82.86 and 82.66 of control group. The obtain t-ratio 1.18 was not significant this was lesser than the table t-value of 2.14. Table I shows that the mean value of pre and post test mean were 80.73 and 76.66 of experimental group. The obtain 34.70 was significant this was higher than the t-value of 2.14. The result presented in table showed significances differences in the adjusted means, as the obtained 't' value was greater than the required 't' value and there existed difference between control group and interval training group.

Figure 1: The Bar Diagram Shows in the Result of Pre and Post Mean of the Resting Pulse Rate



Conclusion:

It was observed that the six weeks of interval training have significantly decreased the resting pulse rate of kho kho players.

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