

EFFECT OF PHYSICAL FITNESS TRAINING PROGRAM ON PHYSICAL VARIABLES AMONG UNIVERSITY LEVEL MENS CRICKET PLAYERS OF UTTAR PRADESH

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ABSTRACT

The purpose of this study was to observe the effect of cricket physical fitness training program on physical variables among university level men cricket players of Uttar Pradesh. 40 male college students (n = forty) were randomly selected from university of Uttar Pradesh as subjects and the age was ranged between 19 and 23 years. The chosen topics had been randomly assigned into same businesses namely manipulate group (CG) and the experimental group with identical strengths of twenty (n= 20) each. Experimental training institution underwent cricket precise health training programme for 12 weeks for 5 days in line with week and classes on every day. The manipulate organization did not contain in any unique training other than their normal sports. The agility and strength endurance were taken as a criterion variable for the present study had been measured by way of commute run and sit down respectively. Evaluation of covariance (ANCOVA) was used to examine the accumulated information. The consequences found out that that the cricket unique fitness training became made full-size development ($p \leq 0.05$) in agility and energy staying power of the selected subjects. The extents of confidence become fixed at 0.05 in all cases.

Keywords: effect, cricket, physical fitness, training program, physical variables, university level, cricket players

INTRODUCTION

Cricket is the most famous recreation and the richest recreation in the history of all ball games. In cricket, offensive (batting) ideas include scoring runs, heading off getting out or defending the wicket (staying in), and hitting into space to gain those offensive desires. shielding (bowling and fielding) standards encompass proscribing runs scored, getting batters out, and stopping hitting into area to achieve those shielding dreams. The simple offensive dreams in cricket are to hit the ball into the sphere in order that it eludes the

fielders and to no longer get out. The protection attempts to restriction run scoring and to get batters out. Agility is the ability of someone to alternate positions in space or to alternate path fast and correctly.

The ability to carry out a series of explosive electricity moves in speedy succession in opposing path (e.g. zig-zag going for walks or cutting actions). Agility is the ability to trade the direction of the body in an efficient and powerful way. Agility is the main thing of bodily fitness. Agility is the ability of a man to coordinate his actions and synchronize them in line with the requirement of converting condition in rapid begin and short alternate in course are essential to properly performance nearly in all group sport including basketball, volleyball, tennis, badminton, soccer and cricket and so forth.

Therefore it is characterized by way of a fantastically excessive potential to explicit power together with a school of keep. sports particular training is basically fitness and overall performance training designed mainly for sports activities performance enhancement and which include regions along with energy, speed, energy, patience, flexibility, mobility, agility, mental preparedness (together with goal setting), sleep, recuperation/regeneration strategies and techniques, nutrition, rehabilitation, rehabilitation and harm chance reduction. Even though cricket is the maximum popular recreation in India, only a few scientific research were executed on sports training on performance related variables, so thus study was taken to decide the impact of cricket specific fitness training program on agility and power endurance amongst university level men cricketers of Uttar Pradesh.

Physical fitness is defined as the state of well-known nicely-being, physical sound and wholesome, along with intellectual stability. previously fitness was commonly defined as the ability of the individual to meet the physical demands of day by day existence and perform the day's sports without undue fatigue. But, due to increased entertainment time, adjustments in existence rendered this definition insufficient. these days, physical fitness is taken into consideration a degree of the frame's capability to characteristic effectively and correctly in work and enjoyment activities. Fitness is critical at all ranges of the recreation, while being important for top degree players. It is useful for beginners who will improve both their effectiveness and amusement via correct requirements of fitness.

METHODOLOGY

The purpose of the study was to investigate the effect of cricket physical fitness training program on physical variables among university level men cricket players of Uttar Pradesh. Forty cricket gamers (N = 40) were randomly selected as subject from university level men cricket players of Uttar Pradesh. The age was ranged among 19 and 23 years. The selected subjects have been randomly assigned into equal corporations namely experimental group (EXP) and the control organization (CON) for the strengths of twenty (N=20) each. Experimental training institution underwent cricket precise fitness education programme for twelve weeks for five days in step with week and classes on every day. The control group did no longer contain in any unique education other than their normal activities. The agility and power endurance were taken as a criterion variable for the present observe and that they had been measured with the aid of shuttle run and bent knee sit down United States respectively. Experimental training institution underwent cricket particular schooling programme for twelve weeks for 5 days in line with week and classes on each day. The duration of study changed into limited to 180 hours (2 hours within the morning consultation and 1 hour in the evening session) for the 12 weeks length.

Results and Discussion

Table 1: Analysis of covariance for agility and strength endurance among experimental & control groups

		Experimental group	Control group	F-ratio
Agility	Pre-Test	16.44± 0.54	16.28± 0.70	0.61
	Post-Test	15.13± 0.56	16.23± 0.59	36.37*
	Ad Po-Test	15.07	16.29	154.60*
Strength Endurance	Pre-Test	22.80 ± 2.02	23.05 ± 1.85	0.17
	Post-Test	26.95 ± 2.26	23.40 ± 1.82	29.98*
	Ad Po-Test	27.06	23.29	106.61*

Table I shows that at the variable agility, the pre-test imply and SD values of manipulate group are 16.28 ± 0.70 respectively and the pre-test suggest and SD values of experimental organization are 16.44 ± 0.54 respectively. The acquired 'F' ratio of 0.61 for pre-test rankings is lesser than the table price of 4.10 for df 1 and 38 required for significance at .05 level of self belief. At the variable agility, the publish-check mean and SD values of control group are 16.23 ± 0.59 respectively and the submit-check imply and SD values of experimental group are 15.13 ± 0.56 respectively. The received 'F' ratio of 36.37 for post test rankings is extra than the table value of 4.10 for df 1 and 38 required for importance at .05 level of self belief. On the variable agility, the adjusted put up-check suggests value of control organization is 16.29 and the adjusted post-test suggest value of experimental institution is 15.07. The received 'F' ratio of 154.60 for adjusted put up-test ratings is greater than the table value of 4.11 for df 1 and 37 required for importance at .05 stage of self assurance. The effects of the study show that there may be a significant change in agility of the experimental organization while in comparison with the control institution. After going thru the outcomes, it changed into concluded that the particular schooling application has resulted in a big exchange in agility of the experimental group while in comparison with the manipulate group.

Table I suggests that on the variable strength endurance, the pre- test mean and SD values of manage organization are 23.05 ± 1.85 respectively and the pre-test suggest and SD values of experimental organization are 22.80 ± 2.02 respectively. The obtained 'F' ratio of 0.17 for pre-check rankings is lesser than the table value of 4.10 for df 1 and 38 required for importance at .05 level of self belief. At the variable power staying power, the post-test suggest and SD values of manipulate group are 23.40 ± 1.82 respectively and the publish-check imply and SD values of experimental group are 26.95 ± 2.26 respectively.

The obtained 'F' ratio of 29.98 for put up-check rankings is greater than the table price of 4.10 for df 1 and 38 required for importance at .05 stage of confidence. On the variable strength endurance, the adjusted post tests imply value of control group is 23.29 and the adjusted post tests suggest value of experimental group is 27.06. The received 'F' ratio of 106.61 for adjusted submit-test ratings is more than the desk price of 4.11 for df 1 and 37 required for significance at .05 level of self assurance. The results of the study show

that there may be a huge trade in power persistence of the experimental organization when compared with the control group. After going through the results, it become concluded that the particular training application has led to a vast exchange in electricity endurance of the experimental group while in comparison with the manage organization.

Table 2: The pre and post-test means of training (exp) and control (con) groups with percentage of gain

Agility	Experimental	16.44± 0.54	15.13± 0.56	1.31↓	7.97% ↓
	Control	16.28± 0.70	16.23±0.59	0.05↓	0.31% ↓
Strength Endurance	Experimental	22.80 ± 2.02	26.95 ± 2.26	4.15 ↑	18.20% ↑
	Control	23.05 ± 1.85	23.40 ± 1.82	0.35 ↑	1.52% ↑

The result of the present study mentioned that there has been a sizable distinction in agility and power patience due to twelve weeks of cricket unique education. The current examine also applied twelve weeks programme period with ten classes consistent with week and determined that agility and strength persistence increases because of cricket unique education. The findings are also is in settlement with the findings of education will increase agility amongst university level men cricket players. The end result additionally indicates that resistance training amongst inter collegiate cricket players positively affects the physical fitness variables namely leg explosive power, agility and velocity also findings that there was a sizeable improvement on agility of male cricketers due to efficacy of unique physical fitness application. From the effects of the existing study and literature, it is concluded that structured variables namely agility and power endurance have been appreciably improved due to cricket precise schooling.

Conclusion

The end result of the study revealed that the schooling institution has full-size development in agility and power endurance among university level men cricket players after the cricket particular health education protocol. It become also concluded that this cricket specific fitness schooling is one of the first-class training methods for growing the agility, energy endurance and as well as the physical health of cricket players. As a result

it became concluded that physical variables test must be used for tracking and expertise identification functions need to reflect the needs of the cricket game as intently as feasible.

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