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IRJPSS Research Journal Impact Factor (ISRA & SJIF): 7.436
Research Unique Number (RUN): 16.09.2022.2034

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**EFFECT OF SIX WEEKS PROGRESSIVE CIRCUIT TRAINING ON
PHYSICAL FITNESS AMONG PLAYERS** p.p. 80-84



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ABSTRACT

The subjects for this study were selected from school boy's football players. 100 players were selected on the bases of simple random sampling method. The study hypothesized that there will be significant effect of six weeks progressive circuit training on physical fitness among players. The collected data was calculated by Mean, S.D., M.D. S.Ed and 't-ratio', also applied to find out the significant value of results. After analysis, it was found that after training a significant impact on the physical fitness of the selected players.

Keywords: Circuit Training, Physical Fitness & Players.

INTRODUCTION

Fundamental to success in education or any facet of living a good health matters and that cannot be achieved in youth unless growth and development take place in any acceptable manner. Under any hypothesis a sound, fit body is necessary for a college going students to achieve his full educational potential. While fitness is not synonymous to health, it certainly plays an educational role in all aspects of health. Good health provides sound and solid foundation on which fitness rests and at the same time fitness provides one of the most important keys to healthful living in one's life to the fullest. Best (1959) pointed out the importance of review of related literature as, "practically all human knowledge can be found in books and libraries, unlike other animals that must start a new

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life with each generation, man builds upon the accumulated and recorded knowledge of the past." Walter R. Berg (1955) was of the opinion that the literature in any field forms the foundation upon which all future work will be built. Many more investigators and research workers in various fields have also recognized the importance and need of the old related literature for healthy and proper guidance for future research and improvement.

OBJECTIVE OF THE STUDY

- The main objective of the study was to know the effect of six weeks progressive circuit training on physical fitness among players

HYPOTHESIS

- The study hypothesized that there will be significant effect of six weeks progressive circuit training on physical fitness among players.

DESIGN OF THE STUDY

The subjects for this study were selected from school boy's football players. 100 players were selected on the bases of simple random sampling method. The collected data was calculated by Mean, S.D., M.D. S. Ed and 't-ratio', also applied to find out the significant value of results. To find out the significant value compared 't' ratio and tabulating 't'.

Table No: I
Details of Height of Subjects

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	158.7	3.93	1.00	1.00*
Post-Test	158.8	4.05		

***Non significant at .05 level.**

Pre-test mean is 158.7 and post-test mean is 158.8. In pre-test standard deviation is 3.93 and in post test is 4.05. The standard error is 1.00 and the t-ratio calculated is 1.00. Hence it is concluded that there is no significant difference in height between pre-test and post-test.



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MEAN DIFFERENCE IN HEIGHT IN PRE-TEST AND POST-TEST

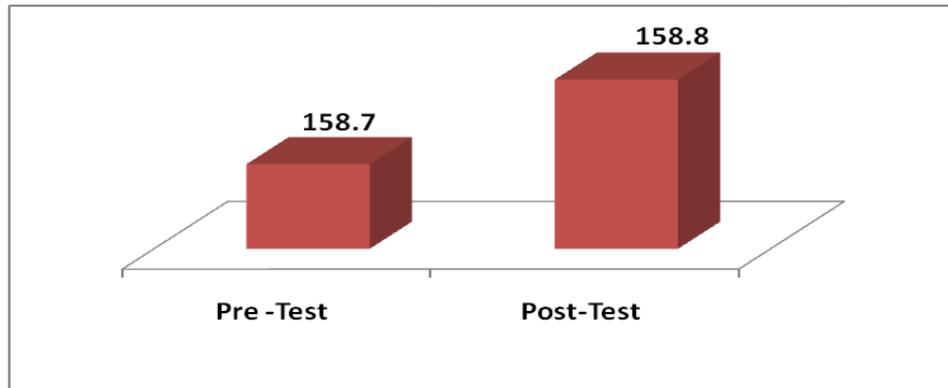


Fig. I

Table No: II

Details of Weight of Subjects

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	48.6	2.63	0.64	0.73
Post-Test	49.0	2.33		

*Non significant at .05 level.

Pre-test mean is 48.6 and post-test mean is 49.07. In pre-test standard deviation is 2.63 and in post test is 2.33. The standard error is 0.64 and the t-ratio calculated is 0.73. Hence it is concluded that there is no significant difference in weight between pre-test and post-test.

Table No: III

Details of 50 Yards Race of Subjects

Height	Mean	S.D.	SEd	t-ratio
Pre -Test	9.80	1.13	0.27	5.70*
Post-Test	8.26	1.01		

*Significant at .05 level.



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Pre-test mean is 9.80 and post-test mean is 8.26. In pre-test standard deviation is 1.13 and in post test is 1.01. The standard error is 0.27 and the t-ratio calculated is 5.70. Hence it is concluded that there is significant difference in 50 Yards race between pre-test and post-test.

MEAN DIFFERENCE IN 50 YARDS RACE IN PRE-TEST AND POST-TEST

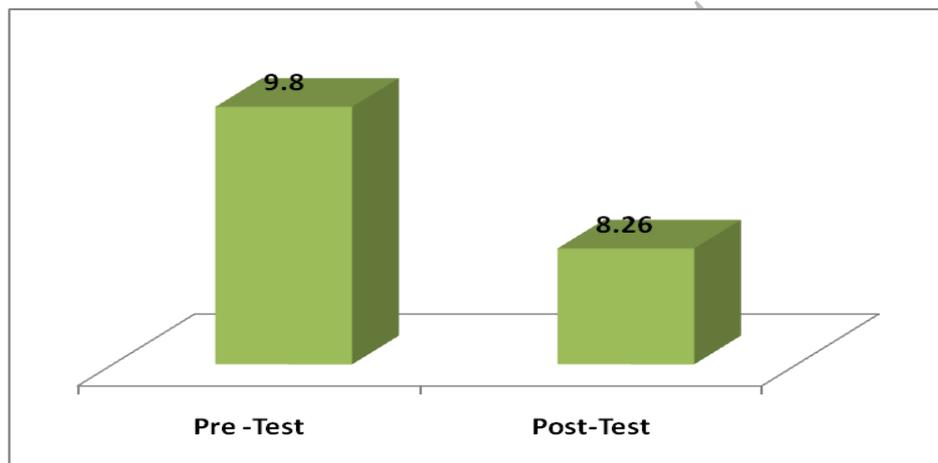


Fig. 3

CONCLUSION:

- After analysis, it was found that after training a significant impact on the physical fitness of the selected players.

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