EFFECT OF S.A.Q TRAINING ON VITAL CAPACITY AMONG HOCKEY PLAYERS

Dr. K. Devaraju
Director of Physical Education,
DR. Sivanthi Aditanar College of Engineering, Tiruchendur-628 215.

ABSTRACT

BACKGROUND: The purpose of the study was to examine the effect of S.A.Q training on vital capacity among Hockey players.

METHOD: For the present study 30 male hockey players from Dr. Sivanthi Aditanar College of Engineering, Tiruchendur, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test randomized group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent S.A.Q training and Group ‘B’ underwent no training. The data was collected before and after six weeks of training. The data was analyzed by applying Dependent ‘t’ test to find out the effect of S.A.Q training programme. The level of significance was set at 0.05.

RESULT: The findings of the present study have strongly indicates that S.A.Q training of six weeks has significant effect on Vital Capacity of Hockey players. Hence the hypothesis earlier set that S.A.Q training would have been significant effect on Vital Capacity in light of the same the hypothesis is accepted.

CONCLUSION: Significant effect of S.A.Q training was found on Vital Capacity.

KEY WORDS: Hockey, vital capacity.

INTRODUCTION

Speed, agility, and quickness (S.A.Q.) training has become a popular way to train athletes. Whether they are school children on a soccer field or professional in a training camp, they can all
benefit from speed, agility, and quickness training. This method has been around for several years, but it is not used by all athletes primarily due to a lack of education regarding the drills. Speed, agility, and quickness training may be used to increase speed or strength, or the ability to exert maximal force during high-speed movements. Some benefits of speed, agility, and quickness training include increases in muscular power in all multiplanar movements; brain signal efficiency; kinaesthetic or body spatial awareness; motor skills; and reaction time.

The name hockey is thought to have originated from the French word ‘hocquet’, meaning a crooked stick or shepherd’s crook. Field hockey is a popular sport for men and women in many countries around the world. In most countries, especially those in which ice hockey is not very prominent, it is simply known as hockey. Field hockey has several regular and prestigious international tournaments for both men and women. These events include the Olympic Games, the quadrennial World Hockey Cups, the annual Champions Trophies, and World Cups for juniors.

**OBJECTIVE OF THE STUDY**

The purpose of the study was to investigate the effect of SAQ training on vital capacity among Hockey players.

**HYPOTHESIS**

It was hypothesized that there would have been a significant effect of SAQ training on vital capacity among hockey players.

**PROCEDURE AND METHODOLOGY**

For the present study 30 male hockey players from Dr. Sivanthi Aditanar College of Engineering, Tiruchendur, Tamilnadu were selected as subjects at random and their age ranged from 18 to 25 years. For the present study pre test – post test randomized group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent S.A.Q training and Group ‘B’ underwent no training. The data was collected before and after six weeks of training. The data was analyzed by applying Dependent ‘t’ test technique to find out the effect of S.A.Q training on selected physiological variables among hockey players. The level of significance was set at 0.05.

**RESULTS AND DISCUSSIONS ON FINDINGS**

The findings pertaining to ‘t’ test between experimental group and control group on vital capacity among hockey players for pre-post test respectively have been presented in table No.1 to 2.

<table>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Pre-Test Mean</th>
<th>Post-Test Mean</th>
<th>Mean difference</th>
<th>Std. Dev (±)</th>
<th>σ DM</th>
<th>‘t’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vital Capacity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Experimental</td>
<td>1.56</td>
<td>3.17</td>
<td>1.60</td>
<td>0.37</td>
<td>0.09</td>
<td>16.60*</td>
</tr>
<tr>
<td></td>
<td>Control</td>
<td>1.57</td>
<td>1.63</td>
<td>0.05</td>
<td>0.27</td>
<td>0.07</td>
<td>0.81</td>
</tr>
</tbody>
</table>
An examination of table-I indicates that the obtained ‘t’ ratios of experimental group was 16.60 for vital capacity. The obtained ‘t’ ratios on vital capacity were found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The obtained ‘t’ ratios on vital capacity for control group was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant.

Figure: 1 Comparisons of Pre – Test Means Post – Test Means for Experimental And Control Groups in Vital Capacity

In case of Vital Capacity the results between pre and post (6 weeks) test has been found significantly higher in experimental group in comparison to control group. This is possible because S.A.Q training is currently one of the most commonly practised adult fitness activities which directly contribute to performance enhancement of hockey players. Hence the hypothesis earlier set that S.A.Q training programme would have been significant effect on vital capacity in light of the same the hypothesis was accepted.

CONCLUSIONS

On the basis of findings and within the limitations of the study the following conclusions were drawn: Significant effect of SAQ training was found on Vital Capacity.

REFERENCES


