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EFFECT OF WEIGHT TRAINING ON LEG POWER AND ARM STRENGTH OF HAND BALL PLAYERS

Chauhan Jayanti*

*Director of Physical Education, VP & RPTP, Science College, Vallabh Vidyanagar, Anand, (G.J)-INDIA.
E. Mail: jkchauhan76@gmail.com

ABSTRACT

The objective of the study was to find out the effects of weight training on leg power and arm strength of hand ball players. 40 male handball players of Anand district of Gujarat were selected as subject of random bases. Age ranged from 18 to 25 years. Leg power and arm strength were selected as variable for investigation of present study. Random group design adopted for this study. The data was collected from Anand District, Gujarat by administering the leg power and arm strength. The study was conduct for period four weeks training. To find out the effects of weight training selected motor abilities on hand ball players. The t-test was used as the statistics treatment. Conclusion: The significant effect of weight training was seen on leg power and arm strength of handball players.

Keywords: Weight Training, Leg Power, Arm Strength & Handball Players.

INTRODUCTION

Weight training is the strength training for developing the strength and size of skeletal muscles. It uses the weight force to oppose the force generated by muscle through concentric or acentric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement.

Motor abilities are an inseparable part of sports performance and achievement. The term "Motor Abilities" has been synonymously used with "Physical Fitness" however it defers from physical fitness, since the modern definition on the physical fitness takes into its account not only motor fitness component but also health fitness components.

Motor abilities are directly related to physical fitness and also help in achieving total fitness. "Hand ball is a team sports in which two team of seven players each (Six outfield players and a goal-keeper) pass a ball using their hands with aim at throwing it into the goal of the other team."

OBJECTIVE OF THE STUDY

The main objective of the study was to find out the effects of weight training on leg power and arm strength of handball players.

DESIGN OF THE STUDY

In this study the selection of subject's criterion measures, collection of data and design. Forty male hand ball players of Anand district was elected as subjects as random. Age ranged from 18 to 25 years. The age of the above selected male players was verified from their respective age records in the school. Leg power and arm strength were selected as a variable for investigation of present study. Leg press was used for leg power and push-up was used for arm strength. The study was conduct for a period of four weeks in the month of January. There were two groups. Group "A" was experimental group and "B" was control group.

STATISTICAL PROCEDURE

To find out the effects of weight training selected motor abilities on hand ball players. The t-test was used as the statistical treatment.

Table No: I
Table showing the effect of weight training on leg power and arm strength of Handball Players

Variable		Experimental Group		t-value	Control Group		t-value
		Pre test	Post test		Pre test	Post test	
Leg Power	Mean	74.12	84.22	2.72	73.13	74.12	1.13
	Sd	3.88	4.55		3.79	3.88	
Arm Power	Mean	5.12	7.12	5.14	4.98	5.00	2.00
	Sd	1.00	1.33		0.58	0.58	

Significant at 0.05 T 0.05 (38) =2.024

DISCUSSION ON FINDING

The finding of the study the positive and significant effect of weight training was seen on leg power and arm strength of hand ball players. Both the abilities are highly related with the strength training have the main reason for improvement in leg power and arm strength.

CONCLUSION

On the basis of the statistical analysis of the study the conclusion was:

The significant effect of weight training was seen on leg power and arm strength of handball players.

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