



ISSN 2278 – 0211 (Online)

Influence of Physical Training Programme on Selected Skill Related Variables with College Men Cricketers

S. Sivasamy

Research Scholar, Department of Physical Education, Karpagam University, Coimbatore, Tamil Nadu, India

Dr. P. Anbalagan

Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore, Tamil Nadu, India

Abstract:

The purpose of the study was to find out the influence of physical training programme on selected skill related variables such as fielding ability and batting ability among college men students. To achieve this purpose of the study, thirty men students studying in the Kalaignar Karunanidhi Institute of Technology, Coimbatore, Tamil Nadu, and India were selected as subjects at random. The age of the subjects were ranged from 18 to 22 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as a physical training group (Group I) and control group (Group II). The physical training group (Group I) underwent a physical training programme for three days per week for twelve weeks. Group III acted as control in which they did not undergo any special training programme apart from their regular curricular activities. All the subjects of two groups were tested on selected criterion variables such as fielding ability and batting ability at prior to and immediately after the training programme by using the subjective rating method for each variable with three experts respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any between the groups. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate. The results of the study revealed that there was a significant difference between physical training group and control group on selected skill related variables such as fielding ability and batting ability. Significant improvements on selected criterion variables were also noticed due to physical training.

Keywords: Fielding, batting, experts, physical training

1. Introduction

Physical fitness refers to the organic capacity of the individual to perform to normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactorily and emergency demands suddenly placed upon him. Cricket is a deceivingly demanding sport; players spend a long day on their feet, there are periodic fast sprints when batting, chasing down a ball, and bowling, plus various dynamic movements such as leaping, throwing, and turning quickly. In the sport of cricket, batting is the act or skill of hitting the cricket ball with a cricket bat to score runs or prevent the loss of one's wicket. A player who is currently batting is denoted as a batsman, while the act of hitting the ball is called a shot or stroke. The terms batsman or specialist batsman are also used generically to describe players who specialize in batting. Fielding in the sport of cricket is the action of fielders in collecting the ball after it is struck by the batsman, in such a way as to either limit the number of runs that the batsman scores or get the batsman out by catching the ball in flight or running the batsman out. Cricket fielding position can be broken down into offside and leg side parts of the field.

2. Methodology

The purpose of the study was to find out the influence of physical training programme on selected skill related variables such as field ability and batting ability among college men students. To achieve this purpose of the study, thirty men students studying in the Kalaignar Karunanidhi Institute of Technology Karunanidhi Institute of Technology, Coimbatore, Tamilnadu, India were selected as subjects at random. The age of the subjects were ranged from 18 to 22 years. The selected subjects were divided into two equal groups of fifteen subjects each, such as a physical training group (Group I) and control group (Group II). The physical training group (Group I) underwent a physical training programme for three days per week for twelve weeks. Group III acted as control in which they did not undergo any special training programme

apart from their regular curricular activities. All the subjects of two groups were tested on selected criterion variables such as fielding ability and batting ability at prior to and immediately after the training programme by using subjective rating method for each variable with three experts respectively. The analysis of covariance (ANCOVA) was used to analysis the significant difference, if any between the groups. The level of significance to test the 'F' ratio obtained by the analysis of covariance was tested at .05 level of confidence, which was considered as an appropriate.

3. Analysis of the Data

The influence of physical training on each skill related variables were analyzed separately and presented below.

3.1. Fielding Ability

The analysis of covariance on fielding ability of the pre and post test scores of a physical training group and control group have been analyzed and presented in Table 1.

Test	Physical Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F' ratio
Pre Test							
mean	6.12	6.14	between	0.014	1	0.014	1.07
S.D	0.11	0.11	Within	0.389	28	0.013	
Post Test							
mean	8.23	6.16	between	2.32	1	2.32	70.30*
S.D	0.084	0.10	With in	0.934	28	0.033	
Adjusted Post Test							
mean	8.19	6.15	between	1.29	1	1.29	35.83*
			With in	0.981	27	0.036	

Table 1: Analysis of Covariance of the Data on Fielding Ability of Pre and Post Tests Scores of Physical Training Group and Control Group
* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.215 respectively) The table 1 shows that the pre-test mean values on fielding ability of physical training group and control group are 6.12 and 6.14 respectively. The obtained "F" ratio of 1.07 of pre-test scores is less than the table of 4.20 for df 1 and 28 required for significance at .05 level of confidence on fielding ability. The post-test mean values on fielding ability of physical training group and control group are 8.23 and 6.16 respectively. The obtained "F" ratio of 70.30 for post test scores is greater than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on fielding ability.

The adjusted post-test mean values of physical training group and control group are 8.19 and 6.15 respectively on fielding ability. The obtained "F" ratio of 35.83 for adjusted post-test means is greater than the required table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on fielding ability. The results of the study indicated that there was significance between the adjusted post-test means of physical training group and control group on fielding ability.

- Figure 1: Bar Diagram showing the mean and SD value of pre test and post test and adjusted post test of fielding ability of physical training group and control group.

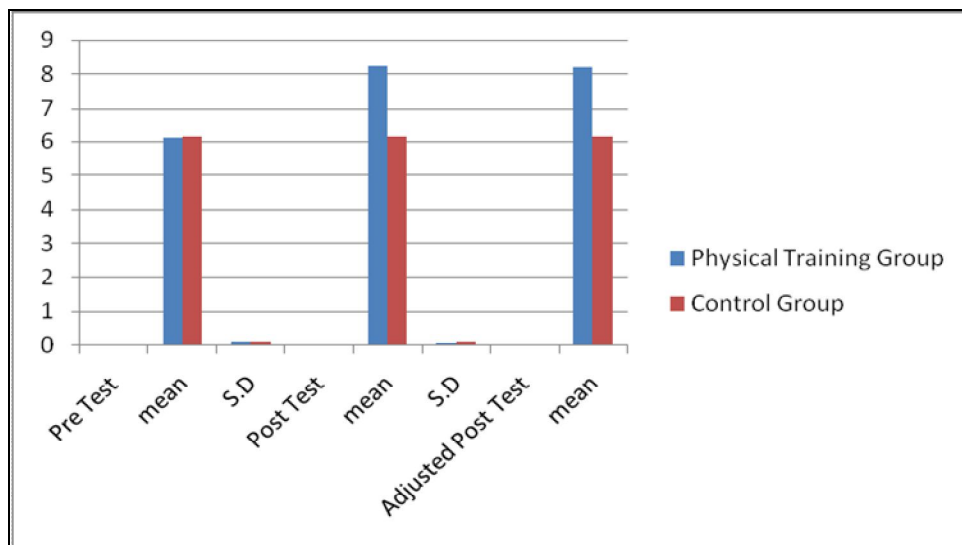


Figure 1: Fielding Ability

3.2. Batting Ability

The analysis of covariance on batting ability of the pre and post test scores of physical training group and control group have been analysed and presented in Table 2.

Test	Physical Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean squares	Obtained 'F' ratio
Pre Test							
mean	6.88	6.91	between	0.08	1	0.08	0.321
S.D	1.142	1.134	With in	6.99	28	0.249	
Post Test							
mean	8.39	6.94	between	69.11	1	69.11	45.77*
S.D	1.001	1.131	With in	42.19	28	1.51	
Adjusted Post Test							
mean	8.41	6.93	between	89.55	1	89.55	142.36*
			With in	16.987	27	0.629	

Table 2

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df1 and 28, 1 and 27 were 4.20 and 4.215 respectively) The table II shows that the pre-test mean values on batting ability of the physical training group and control group are 6.88 and 6.91 respectively. The obtained "F" ratio of 0.321 of pre-test scores are less than the table of 4.20 for df 1 and 28 required for significance at .05 level of confidence on batting ability. The post-test mean values on batting ability of the physical training group and the control group are 8.39 and 6.94 respectively. The obtained "F" ratio of 45.77 for post test scores is greater than the table value of 4.20 for df 1 and 28 required for significance at .05 level of confidence on batting ability. The adjusted post-test mean values of physical training group and control group are 8.41 and 6.93 respectively on batting ability. The obtained "F" ratio of 142.36 for adjusted post-test means is greater than the required table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on batting ability. The results of the study indicated that there was significance between the adjusted post-test means of physical training group and control group on batting ability.

- Figure 2: Bar Diagram showing the mean and SD value of pre test and post test and adjusted post test of batting ability of physical training group and control group

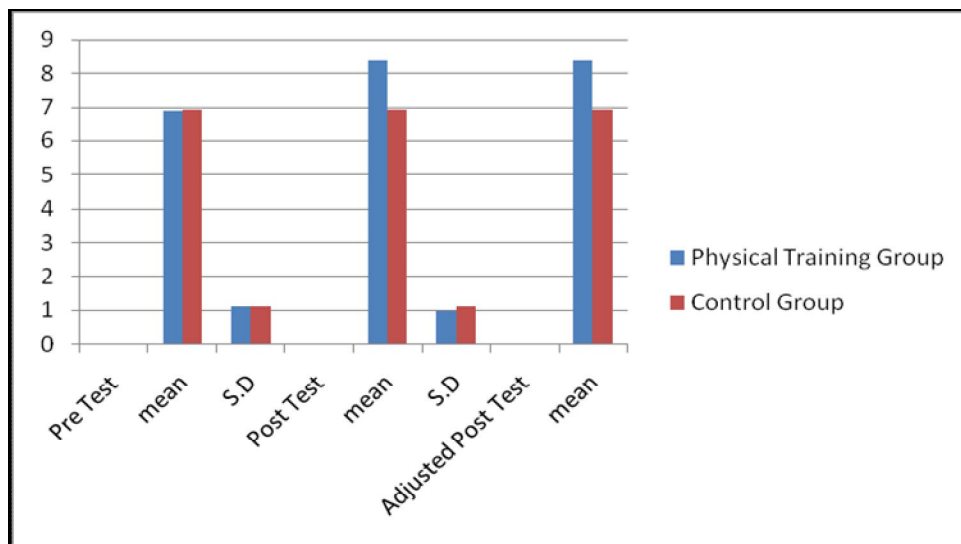


Figure 2: Batting Ability

4. Conclusions

Based on the results of the study, the following conclusions were drawn. There was a significant difference between physical training group and control group on fielding ability. There was a significant difference between physical training group and control group on batting ability. And also it was found that there was a significant improvement on selected criterion variables such as fielding ability and batting ability due to physical training.

5. References

1. Bud Getchell, (1976). Physical Fitness: A Way of Life, (New York: Jon Wiley & Sons, Clarke, Harrison H., (1998) Application of Measurement for Health and Physical Education, Englewood Cliffs. N.J. Prentice Hall Inc.
2. Coakley, Jay J., (1978). Sport in Society Issues and Controversies, (St. Louis: C.V. Mosby, Inc,
3. Deobold, B., Van. Dalen, Bruce Bennett. (1979). A World History of Physical Education, Illinois : Human Kinetics Publications,
4. Harold Macloy, Charles., Normal Dorthly Young, (1954) Test and Measurement in Health and Physical Education, Appleton Century Croble Inc.,
5. Barnes, M. .,Attaway, J. (1996). Agility and conditioning of the San Francisco 49ers. Strength and Conditioning, 18(4), 10 – 16.
6. Kindall, J. & Winkin, J. (2000). The Baseball Coaching Bible. Champaign, IL: Human Kinetics.
7. Thomas, J.R., Lee, A.M. & Thomas, K.T. (1988). Physical Education for Children: Concepts
8. Into Practice. Champaign IL: Human Kinetics.