

Effect of Eight- Week Participation in Education and Coaching Programmes on Flexibility

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ABSTRACT

To see the Effect of eight- week participation in education and coaching programmes on flexibility of Manonmaniam Sundaranar University, Tirunelveli were selected as a subject. The pre-test and post test had been taken by using Standing robbing test, Shoulder flexibility test and Spine flexibility test tools. To determine determinant, the many of variations between initial and final mean that 't' take a look at was utilized. The amount of significance chosen was 05. The analysis of information in table two reveals that regular participation in education and acquisition programmes considerably tests, namely. Shoulder flexibility takes a look at, standing bobbing take a look at, Spine flexibility takes a look at and sit and reach take a look at. Regular participation in a very programme of education and acquisition of eight weeks period effectively improves the flexibility of the hip, trunk, shoulder, and spine as measured by sit and reach take a look at standing bobbing take a look at, shoulders flexibility take a look at and spine flexibility to take a look at, severally.

1. Introduction

Flexibility may be outlined because of the ability of the creature to hold out movement with oversized amplitude and it depends to a high degree upon the assorted exterior influences and upon the state of one's organism. the flexibleness of the creature, for example, is quite a low straightaway when having got up from the bed, when trying of the muscles, when uninteresting work and when psychic depression. It's enlarged when having excited.

2. Methodology

Twenty-eight ladies students in sports background were taken from Integrated I, II & III years of the Manonmaniam Sundaranar University. Their ages as taken from the faculty health records hanged from sixteen to twenty-one years.

All the themes resided within the hostels of the faculty. They'd a regular schedule of coaching in education and acquisition as per the programme of faculty the school the faculty preparation for bury college and this was the same for all the themes. The Programme consisted of thirty-minute acquisition within the morning that concerned endurance, running, freedom exercises and general strengthening exercises and regular sensible instruction categories in Kabbadi, Basketball, Volleyball, Kho kho, Land ball, loft ball, and track and field. Subjects participated within the higher than programme 5 days every week, i.e., from weekday to weekday. On Saturdays, the themes participated within the friendly matches with other faculty soap and Sunday was on vacation for all.

The subjects were administered the subsequent flexibility tests.

1. Sit and reach take a look at.
2. Standing robbing takes a look at.
3. Shoulder flexibility takes a look at.
4. Spine flexibility takes a look at.

The tests were administered to the scholars when they were admitted to the bachelor's degree and before they'd not started taking part within the regular programme of education and acquisition. Before administering the initial take a look at the themes was correct headed to the right procedure of playacting the tests. When eight weeks of normal participation, similar tests were once more repealed on all the themes.

For determinant, the many of variations between initial and final mean that 't' take a look at was utilized. The amount of significance chosen was 05.

3. Findings and discussion

The statistical analysis of data collected on selected flexibility tests is prepared in table. 1. Significance of mean differences in flexibility after training.

Tests	Mean		Mean diff	DM	't' ratio
Shouldes flexibility test	16.56	16.19	0.37	0.12	3.08
Standing bobbing test	6.02	5.47	0.55	0.08	6.88
Spine flexibility test	17.25	16.71	0.34	0.14	2.43
t and reach test	6.38	6.82	0.44	2.59	0.17

Significant at .05 level of Confidence 't' valve needed at .0 level with 27 degrees of freedom is 2.05.

The analysis of information in table two reveals that regular participation in education and acquisition programmes considerably tests, namely. Shoulder flexibility takes a look at, standing bobbing take a look at, Spine flexibility takes a look at and sit and reach take a look at.

4. Discussion

From the applied math analysis of information it B obvious that eight weeks participation in a very programme of education and acquisition involving freedom exercises,

endurance running, general strengthening exercises and sensible directions in Kabaddi, Basketball, Volleyball, Kho-Kho, handball, softball and track & field considerably improves performance in hand-picked flexibility tests. The themes during this study throughout their participation in freedom exercise general strengthening exercises, and additionally while receiving sensible instruction within the activities upturned earlier performed an oversized variety of flexibility movements throughout the nice and cozy sessions throughout the sensible directions of the activities that might have a handed the elasticity of the somatic cell. Therefore, enlarged performance in flexibility tests could be attributed to optimum stretching to that the muscles were subject whereas they participated in

education and acquisition programmes. The results of this study square measure in consonance with the findings of Brown (2) and Hansen (5).

5. Conclusion

Regular participation in a very programme of education and acquisition of eight weeks period effectively improves the flexibility of the hip, trunk, shoulder, and spine as measured by sit and reach take a look at standing bobbing take a look at, shoulders flexibility take a look at and spine flexibility to take a look at, severally.

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