Volume : 2 | Issue : 4 | April 2013 • ISSN No 2277 - 8160

Research Paper | Commerce

A Study on the Effect of Tradmill Running for Development of Endurance Among Colllege Athletes in Mehsana

Dr. Jayendra Sinh P. Thakor

Asst.prof, C.C. Sheth College Of Commerce, Ahmedabad

KEYWORDS:

INTRODUCTION:

The aim of the present study was to study the effects of treadmill Running for the development of Endurance among College Athletes in Mehsana. 50 Male Students between the ages of 20 to 25 Years i.e.25 Experimental Group and 25 Control Group was taken for the Study. The 12 Week endurance training program for experimental group was given which includes more treadmill running sessions on alternate days and Controlled Group was given the general Training. The Pre and Post Training 12 Min run/walk Cooper Test were used to evaluate the effects of treadmill Training among Experimental and Control Group. The 15 Min run/Walk was significantly increased in treadmill l Running Group i.e. experimental group. This Study shows that the treadmill running may results in the most Physiological and Physical Performance Capacity among College Men.

Endurance is a conditional ability. It is primarily determined by energy liberation process. Endurance is directly or indirectly of high importance in all sports. Endurance is the ability to do sports movements, with the desired quality and speed, under conditions of fatigue. Endurance is a very important ability in sports. In sports endurance ensures optimum speed of motor actions. Good endurance also ensures high quality or skill of movement execution which finds expression in accuracy, precision, rhythm

Consistency etc. Endurance training results in the improvement of functioning of various organs and systems of the human body. This in turn improves the ability to recover quickly from training and competition load. The importance of endurance for recovery assumes much more relevance during completion i.e. in between heats, rounds, matches on successive days. Endurance performances are of different nature indifferent sports. Endurance activities have been found to be of high value for maintenance of good organic health, For increasing the general resistance against infection and for cure and treatment of various diseases and metabolic disorder. Running on treadmill is a form of Strength training that can improve speed and endurance on the track and road. treadmill Running increases the intensity of training and builds strength because of the resistance they offer when running. Treadmill Running has a strengthening effect as well as boosting the athlete's power and is ideal for athletes who depend on high running speeds.

To reduce the possibility of injury treadmill training should be conducted once the athlete has a good solid base of strength and endurance. Treadmill Training offers the following benefits.

1. Helps develop power and muscle elasticity.
2. Improves stride frequency and length.
3. Develops co-ordination, encouraging the proper Use of arm action during the driving phase and Feet in support phase.
4. Develops control and stabilization as well as Improved speed (down treadmill running)
5. Promotes strength endurance.
6. Develop maximum speed and strength (short treadmill)
7. Improves lactate tolerance (Mixed treadmill)

METHODOLOGY:

Aim: To find out the effects of treadmill running for development of Endurance among College Athletes in Mehsana .Sample: The sample for present study is 40 College Male Athletes from various Colleges of H.N.GUJ University. The Experimental Group Sample is 20 College Male Athletes and Controlled Group Sample is 20 College Male Athletes.

Tools: 12 Min Cooper Test is used for collection of Data Procedure of data Collection: The 12 Min Cooper Test was used for Pre Test for Experimental Group and Controlled Group and results was recorded. The 6 weeks training were given to Experimental Group which consists of treadmill Running Sessions on alternate days. The treadmill Running Sessions includes Short treadmill, Medium treadmill s, Long treadmill; mixed treadmill were given training to experimental group. The controlled group was given the general training. After Six weeks Training the Post Test were conducted experimental group and controlled group. The athletes generally hail from different socio-economic status, different dietary habits, mode of living etc. certain factors like daily routine, life style and food habits which would have an effect on the performance of both groups could not be controlled

RECOMMENDATIONS:

treadmill Running results in the calf muscles learning to contract more quickly and thereby generating work at a higher rate, they become more powerful. The calf muscles achieve this by recruiting more muscle fibers, around two or three times as many when compared to running on the flat. Treadmill running improves stride frequency and stride length. Treadmill Running is recommended for endurance athletes more in off season and less in season.

REFERENCES

1. Advanced studies in Physical Education and | Sport, P.Beashel et al. | 2. Science of Sports Training, Hardy Singh. | 3. Explosive Power and Strength, D.A. Choudhary | 4. Physical Education and the study of sport. | Davis et al. | 5. Sports Speed, G. Dintiman et al. |