



EFFECT OF WEIGHT TRAINING ON LEG POWER AND ARM STRENGTH OF BADMINTON PLAYERS

Dr.shashi Kanaujia

Department Of Physical Education Uni.of Lucknow

Deep Mala Gautmi*

Research Scholar University Of Lucknow *Corresponding Author

ABSTRACT

The aim of study was to find out effects of weight training on leg power and arm strength of Badminton players. These study forty male Badminton players of B.B.D.ACADEMY was selected as subject of random. 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 for the purpose of this study was collected at the Court of B.B.D.academy 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 badminton players. The t-test was used as the statistics treatment. There was a positive effect of weight training on the subjects. Weight training having the significant effects on leg power and arm strength of students.

KEYWORDS :

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.

"Badminton is a single & doubles sports in which two team of one or two players each." Badminton is great fun because it is easy to learn. The racket is a light equipment and the shuttlecock can be hit back and forth in rallies even when the players possess a minimum of skill. Within a week or two after beginning of 'play, rallies and scoring can be learnt. There are very few sports in which it is possible to feel like an "instant player". However, one should not assume that perfection of strokes and tournament calibre of play are by any means, less difficult in badminton than in other sports.

A typical rally in badminton singles consists of a serve and repeated high deep shots hit to the baseline, interspersed with dropshots. If and when a short clear or other type of "set-up" is forced, a smash wins the point. More often than not, an error (Shuttle hit out-of-bounds or into the net) occurs rather than a positive playing finish to the rally. A player who has enough of practice and commits few, if not outright, mistakes often wins the game. The only trick to win the game is simply waiting for the opponent to err.

Procedure

In this study the selection of subject's criterion measures, collection of data and design.

Selection of Subjects

Forty male badminton players of B.B.D.Academy Lucknow 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.

Selection of Variable:

Leg power and arm strength were selected as a variable for investigation of present study.

Design: Random group design adopted for this study.

Criterion Measure:

Leg press was used for leg power and push-up was used for arm strength.

Collection of data:

The data for the purpose of this study was collected at the field of court of B.B.D.Academy of Lucknow by administering the leg power and arm strength.

Experimental Procedure:

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 badminton players. The t-test was used as the statistical treatment.

Table

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 badminton 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 results of the study the conclusion may be made that the weight training having the significant effect on leg power and arm strength of badminton players.

- It can be used as the means to develop the leg power and arm strength of young players.
- Similar type study may be repeated by selecting larger sample.
- Same study may be conducted by selecting other games.
- Same type of study may be conducted on female subjects.

References:

1. Ahn, Hyejung (Nov. 11, 2012), world class fitness trainers, John Sitaras, Golf Digest (Korean Edition).
2. Frontera, Walter R. ; Slovik, David M; David, Michel; (2006) Exercise in Rehabilitation medicine, human kinetics, 2006, p. 350.
3. Westcote, wayne (Jul-Aug, 2012), Resistance training is medicine: the role of strength training on health, current sports medicine reports 11 (4) 209-2016
4. De mello Meirelles, C, Gomes, P.S.C. (2004) "Acute effect of resistance exercise on energy expenditure: revisiting the impact of the training variables"
5. McCarthy, Michael (2009-07-06) "over use of energy drinks worries health pros" Johson-cane et. al., p. 153
6. "The benefits of wearing weight lifting gloves"