

Comparative Study of Complex Training and Conventional Training in Developing Linear Power among School Children

Mathew, J. David^{*}, Chandrakumar, M.^{}, Raju, C.^{***} and Rathinam, S.^{****}**

^{*}SAI Volleyball Coach, SAI Training Center, M.G. Stadium, Near Anna Park, SALEM-636 007, Tamil Nadu.

^{**}Professor, Dept. of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore – 5, Karnataka

^{***}Former Professor, Department of studies in Statistics, University of Mysore, Mysore – 5, Karnataka

^{****}Reader in Economics, Govt. Arts College, Salem – 636 007. Tamil Nadu.

Abstract

The effects of complex training and conventional training in developing linear power among school children have been compared. For this purpose a group of 72 boys of 14 to 16 years of age was selected at random out of a universe of 200 children, who were medically fit. AAHPERD youth fitness test was conducted to assign the 72 boys into 3 different groups of 24 each namely complex training group, conventional training group and control group by using snake system based on their performance rankings. To verify that the groups were equated, mean and standard deviations were also calculated and assigned the groups for different treatments on random basis as A, B and C. With this setting, complex training was given to group A and conventional training was given to group B and group C control group did not participate in any of the training programmes, for a period of 12 weeks duration. This process was repeated and for a period of every two-week the data was collected along with pre-test, mid-test and post-test data from the experimental groups and control group on selected motor performance variables. A two way Analysis of Variance (ANOVA) was applied to determine the differences if any among the training methods and duration intervals for experimental and control groups. The Duncan Multiple Range Test (DMRT) was applied wherever applicable on the results of ANOVA to find the hierarchy among the methods of training and the duration intervals. As a result of the above analysis, the boys trained through complex training method gave more significant increase in the linear power as compared to conventional training method and 'No' training group that is control group. It was concluded that the linear power developed through complex training method was much faster than conventional training method within 12 weeks of training period. In fact, it was twice better than the other.

Key Words: Linear Power, Resistance Training, Plyometrics

Introduction

Children involved in sports should be encouraged to participate in a variety of activities and develop in a wide range of skills. The success of young children can serve as a powerful inducement for others to follow. Most Olympic sports have selection processes that attempt to identify future champions and initiate specialised training at the younger age. This means that preparation for competition at the highest level is starting for many sports persons in their early teens and many of them achieve high standards of performance reaching

finals or even the victory rostrum. This suggests that growing children can accept training loads compatible with performances, required for success at world level (*Anderson, 200*).

The adolescent period is the most important period to exercise because of the fact that there takes place hormonal changes, growth and development, neural adaptations, inter and intra muscular coordination besides a higher level of stimulus to learn among them. It is because of all these substantiated facts; the study is directed towards the age group of 14 to 16 years. There are empirical evidences to show that sports