

Effect of Packages of Training on Functions of Haemoglobin Concentration and Mean Arterial Pressure among School Boys

Shenbagavalli¹, A. & Sam Christa Doss², J.

¹Professor & Head, Dept. of Physical Education, Alagappa University, Karaikudi, Tamil nadu

²Research Scholar, Dept. of Physical Education, Alagappa University, Karaikudi, Tamil nadu

Abstract

The purpose of this study was to find out the effect of packages of training on functions of Haemoglobin concentration and Mean arterial pressure among school boys. Sample of ninety subjects drawn at random among the schoolboys of Elisa bondolfi Gregory (EBG) matriculation School Madurai. Their age ranges from fifteen to eighteen. They were divided into three equal groups namely control Group (Group – I), Run & walk group (Group – II) and interval training group (Group-III). The subjects were tested in order to find out Haemoglobin concentration, Mean Arterial pressure, Blood glucose and Blood Lactic Acid concentration in the yearly morning before the start of the training program. Group II were given Run & walk program for Ten weeks on alternate days a week for one hour to one and half hour duration. Group III were given Interval training for Ten weeks on alternate days a week for one hour to one and half hour duration. The control group did not involve any training. The data collected on the pre and posttest data on selected dependent variables were subjected to ANCOVA to find out significant. Scheefe's post hoc test was used to find out which of the paired means differed significantly. Analysis of data revealed that the haemoglobin concentration was increased due to the treatment of ten weeks of Run & Walk and Interval training. The Interval training increased in the haemoglobin concentration more than the Run & Walk group and control group. However, the Run & Walk group increased the haemoglobin concentration more than the control group. There was no significant difference in Mean Arterial pressure, blood glucose and blood lactic acid concentration level due to the influence of the ten weeks of Run & Walk and Interval training groups.

Keywords: Haemoglobin, Mean Arterial Pressure, Blood Glucose, Blood Lactic acid Packages of training, Interval training

INTRODUCTION

Sports training is a planned and controlled process in which, achieving a goal, change in complete sports motor performance, ability to act and behaviour are made through measures of content, methods and organization.

Sports training must be understood as a specialized process of all-round physical conditioning aimed at the methodical preparation of athletes.

Success in competitive sports and games can be attributed to many factors, training being one of the most important factors. Different training methods have been commonly lead to improve physical fitness and its related standards of performance of athletes or players. The training methods include, interval training, fartlek training, hollow sprint training,