

Effect of Core Strength Training and Yogasana Practices on Selected Physical Fitness and Physical Variables among Inter Collegiate Male Kabaddi Players

K. Senthil Kumar

Selvam College of Physical Education, Namakkal, Tamil Nadu, India

The purpose of the study was to examine the effect of core strength training and yogasana practices on selected physical fitness and physical variables among inter collegiate male kabaddi players. Forty-five (N = 45) male athletes, were selected from Valluvar College of Science and Management at Karur district, Tamil Nadu. The age ranged from 18- 22 years. They are divided into three equal groups consists of fifteen subjects each (n = 15) were named experimental group I for strength training, experimental group II for yogasana practices and group – III as a control. The period of experimentations is limited to 15 weeks, 4 days a week and 45 to 60 minutes per day with proper warming-up and cooling down regimen. The selected physical fitness and physiological variables such as muscular strength (Squat), muscular endurance (Sit-Ups), Flexibility was measured standardized test by sit and reach test the unit of a score was in (Centimeters), blood pressure was measured by using sphygmomanometer. The core strength training and the yogic practices were selected as training protocol. The core strength training will be given based on individuals 1 RM to set the load and the intensity will be set between 75% to 90%. The pre-test and post-test means of experimental groups I, II and control group tested for significance by applying the analysis of covariance (ANCOVA). The level of confidence is fixed at 0.05, for significance. In addition to this, Scheffe's potshot test will be employed, when the F-ratio of the adjusted post-test means is significant, to find out the paired mean difference if any among the groups for each variable, separately. Based on the result of the study there was a significant change on health related physical fitness performance due to core strength training and yogic practice.

Key Words: Core Strength, Yogasana, Physical Fitness and physiological variables.