

Effect of resistance training programme on performance related fitness variables among cricket players

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■ ABSTRACT

The purpose of the study was to find out the effect of resistance training on selected performance related fitness variables among cricket players. To achieve this purpose, 40 male students studying in various classes were randomly selected as subjects from the Department of Physical Education and Sports Sciences, Annamalai University. The age of the subjects ranged from 18 to 25 years. The subjects were further classified at random into two equal groups of 20 subjects each namely, experimental group and control group. Experimental group underwent resistance training for three days per week for twelve weeks whereas control group followed their regular activities. The selected criterion variables namely, speed, shoulder strength, muscular endurance, cardio-respiratory endurance and explosive strength were assessed before and after the training period. The collected data were statistically analysed by using analysis of covariance (ANCOVA). From the results of the study, it was found that there was a significant improvement on speed, shoulder strength, muscular endurance and explosive strength and no change in cardio-respiratory endurance among the experimental group when compared with the control group.

■ **Key Words** : Resistance training, Performance related fitness variables, Speed

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During the past decades much attention both from coaches and researchers has been focused on determining the optimal training methods for the development of strength, power and competitive performance. Muscle strength and power are important determinants of a successful performance in many individual and team sports (Adam *et al.*, 1992). Resistance training is a form of strength training in which each effort is performed against a specific opposing force generated by resistance (*i.e.* resistance to being pushed, squeezed, stretched or bent) (Feigenbaum and Pollock, 1997). Resistance exercise is used to develop the strength and size of skeletal muscles. Properly performed, resistance training can provide significant functional benefits and improvement in overall health and well-being (Fleck and Kraemer, 2004). Resistance training has two different

meanings. A broader meaning that refers to any training that uses a resistance to the force of muscular contraction (better termed strength training), and elastic or hydraulic resistance, which refers to a specific type of strength training that uses elastic or hydraulic tension to provide this resistance. Research shows that regular resistance training will strengthen and tone muscles and increase bone mass. Resistance training should not be confused with weightlifting, power lifting or bodybuilding, which are competitive sports involving different types of strength training with non-elastic forces such as gravity (weight training or plyometrics) rather an immovable resistance (isometrics, usually the body's own muscles or a structural feature such as a doorframe). Full range of motion is important in resistance training because muscle overload occurs only at the specific joint angles where the muscle is