

**STUDY OF THE IMPACT OF SOME HEAVY LOAD TRAINING ON THE
QUALITY OF FAST BEAT BY JUNIOR COLLEGE STUDENTS STUDYING IN
AMRAVATI CITY OF MAHARASHTRA STATE**



Gulhane Ajay*

*Yuvashakthi Collage of Physical Education Amravati (M.S)-INDIA.
E. Mail: avgulhane@yahoo.com

ABSTRACT

The main objective of the study was to impact the some Heavy Load Training on the Quality of Fast beat by Junior College Students Studying in Amravati City of Maharashtra State. 25-25 children's were taken for training program. The selected children were 50 children of the age group of 16-19 in Amravati city of Maharashtra State. The children's were divided into two groups and these groups were referred to as the A experimental and the B control group, respectively. The training period was kept for 6 weeks. Selective thrice training exercises were given one day each week and three days each. One day in each week, rest was provided, The total duration of exercise training consisted of 60 minutes, together with the primary exercise consisting of body movements, short rest and improvement. The accompanying table shows how the training program was implemented for the group A. And in this control group, no selective weight training exercises were offered.

Keywords: Heavy Load Training, Fast beat & Junior College Students.

INTRODUCTION

Training is teaching, or developing in oneself or others, any skills and knowledge or fitness that relate to specific useful competencies. Training has specific goals of improving one's capability, capacity, productivity and performance. It forms the core of apprenticeships and provides the backbone of content at institutes of technology (also known as technical colleges or polytechnics). In addition to the basic training required for a trade, occupation or profession, training may continue beyond initial competence to maintain, upgrade and update skills throughout working life. People within some professions and occupations may refer to this sort of training as professional development. Training also refers to the development of physical fitness related to a specific competence, such as sport, martial arts, military applications and some other occupations. The Olympic revival took place in 1896. Science also advanced in the meantime. Even the thousandth part of the second could easily be

'Curiosity is the best Quality of a Good Researcher'

INDEXED: ISRA-INDIA & INTERNATIONAL SCIENTIFIC INDEXING (ISI)-UAE

Page 1

IRJPES Impact Factor (ISRA: JIF): 1. 247

Website: www.sportjournals.org.in

measured. Then how will the accuracy of the sport continue to increase? The competition was created. Those countries have a reputation for being on the medals of the Olympics and other world events. And competition continues to grow. His skill, efficiency, physical speed increase in variety for various types of exercise had to be found and began to be used a lot.

OBJECTIVE

- The main objective of the study was to impact the some Heavy Load Training on the Quality of Fast beat by Junior College Students Studying in Amravati City of Maharashtra State.

DESIGN OF THE STUDY

25-25 children's were taken for training program. The selected children were 50 children of the age group of 16-19 in Amravati city of Maharashtra State. The children's were divided into two groups and these groups were referred to as the A experimental and the B control group, respectively. The training period was kept for 6 weeks. Selective thrice training exercises were given one day each week and three days each. One day in each week, rest was provided, The total duration of exercise training consisted of 60 minutes, together with the primary exercise consisting of body movements, short rest and improvement. The accompanying table shows how the training program was implemented for the group A. And in this control group, no selective weight training exercises were offered. They were given all their routine.

STATISTICAL TECHNIQUE

Table No: I

Time Comparison of group 'A' and 'B' before Training

Sr. No.	Group	Time required to complete 100m distance before training(seconds)	Difference
1.	'A' Experimental Group	15.12	0.02
2.	'B' Controlled Group	15.14	

Table No: II

Time Comparison of group 'A' and 'B' After Training

Sr. No.	Group	Time required to complete 100m distance after training(seconds)	Difference
1.	'A' Experimental Group	13.35	1.35
2.	'B' Controlled Group	14.70	

Table No: III
 Mean Difference of Group 'A' and 'B' in First and Last Test

Sr. No.	Group	Time required to complete 100m distance before training	Time required to complete 100m distance after training	Difference
1.	'A 'Experimental group	15.12	13.35	1.77
2.	'B 'Controlled group	15.14	14.70	0.44

CONCLUSION

When comparing the running time of the players in both groups, it was found that the difference between the two groups was 1.35 seconds faster than the players in Group A who took less time to run 100 meters distance than the players in Group B. This suggests that for this experimental group, the exercise of the Lake Curling and Military Press Weight training strengthened the players' muscles and the muscles of the recession. Since no exercise was given to the B group players, their performance and speed did not change much.

REFERENCES

- Delforge, G.D.; Behnke, R.S. (1999) "The History and Evolution of Athletic Training Education in the United States". Journal of Athletic Training. 34 (1): 53-61.
- Hunt, Valerie (2006). "Education continues to evolve: post-professional education expands". NATA News (January 2006): 14-19.
- Mc. Clernon, F. Joseph; Yancy, William S.; Eberstein, Jacqueline A.; Atkins, Robert C.; Westman, Eric C. (2007). "The Effects of a Low-Carbohydrate Ketogenic Diet and a Low-Fat Diet on Mood, Hunger, and Other Self-Reported Symptoms". (1): 182.
- Prentice, William. (2011) Principles of Athletic Training: A Competency-Based Approach. New York, NY: McGraw Hill. p. 29. ISBN 9780073523736.
- Steptoe, Andrew; Edwards, Sara; Moses, Jennifer; Mathews, Andrew (1 January 1989). "The effects of exercise training on mood and perceived coping ability in anxious adults from the general population". Journal of Psychosomatic Research. 33 (5): 537-547.
- Webber, Matt (2013). Dropping the Bucket and Sponge. Prescott, AZ: Athletic Training History. pp. 487-505.