ISSN: 2349 - 4891

International
Journal of Recent Research and Applied Studies

Influence of Plyometric Training Circuit Training and Weight Training on Leg Strength Back Strength Anaerobic Power among Inter Collegiate Volleyball Players

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Received 27th July 2014, Accepted 15th August 2014

Abstract

The purpose of the study was to analyze the influence of plyometric training; circuit training and weight training on leg strength, back strength and anaerobic power, among inter collegiate volleyball players. To achieve the purpose of the study, 60 men volleyball players from various colleges affiliated to Madras University, Chennai who had represented inter collegiate level volleyball competition were selected as subjects. Their age, height and weight ranged from 17 years to 25 years, 164 cm to 176 cm, 56 kg to 78 kg respectively. The selected subjects were randomly assigned into four equal groups of 15 subjects each. Group-I underwent plyometric training, group-II underwent circuit training, group-III underwent weight training and group-IV acted as control. The selected subjects were medically examined by a qualified physician and certified that they were medically and physically fit enough to undergo the training programme. The selected variables for which data were collected from two groups prior to and after experimentation on selected speed parameters were statistically examined for significant difference, if any, by applying the analysis of covariance (ANCOVA) with the help of SPSS package. The level of significance was accepted at P < 0.05. The result of the study showed that plyometric training group circuit training group and weight training group improved significantly on the selected dependent parameters when compared to control group.

Keywords: Plyometric Training, Circuit Training, Weight Training, Strength and Power.

Introduction

Training methods that are suitable to athletes have been markedly revolutionized. The rapid progress made in the understanding of the mechanism involved in the adaptation of athletes to different training procedures has significantly contributed to the development of various training methods. Sports training aim at achieving higher performance in sports competition for which training should be based on facts and principles, and executed in a planned and systematic manner. A system most suitable for achieving higher performance has to be first made on the basis for which sports training is planned. It is always assessed, planned, organized and improved by a coach or a sports teacher or the athlete himself. The sport training aim at finding hidden reserves and makes the sports person aware of it. It also aims at grater development of the reserves. The sports person controls their day to day routine in such a manner that they are able to do training once or twice a day with high effect. It is a continuous process of perfection, improvement and criterion of means and methods of improving sports performance and factors of performance. The training programmes that develop performance related fitness is very different from those that develop health-related fitness. For both elite and recreational athletes, proper training optimizes race performance, but also decreases the likelihood for injury, prevents over-training and provides greater satisfaction. The importance given to training by today's elite and recreational athletes striving for their personal best performance has demanded research on how best to train for a given event. Scientists of exercise physiology have responded to these needs, and numerous academic journals have been published on optimal training practices and on practices detrimental to improved performance **(Roberg & Robert, 1997).**

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Plyometric Training

Plyometric training is a type of exercise designed to produce fast, powerful movements, and improve the functions of the nervous system, generally for the purpose of improving performance in sports. Plyometric is used to increase the speed or force of muscular contractions, providing explosiveness for a variety of

sport-specific activities. Plyometric has been shown across the literature to be beneficial to a variety of athletes. Benefits range from injury prevention, power development and improvement in sprint performance. Plyometrics have been shown to have benefits for reducing lower-extremity injuries in team sports while combined with other neuromuscular training (i.e. strength training, balance training, and stretching). Another advantage to plyometrics is that the central and peripheral nervous systems are training to react with maximum speed, thus stimulation the muscles to shorten rapidly and produce maximum force. Plyometric drills can be used to convert an athlete's maximal strength training into sport-specific power helping to further improvement in performance.

Circuit Training

Circuit training is a combination of high-intensity aerobics and resistance training designed to be easy to follow, gives us a great workout, and target fat loss, muscle building and heart-lung fitness. An exercise "circuit" is one completion of all prescribed exercises in the program; the idea being that when one circuit is complete, you start at the first exercise again for another circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. The 'circuit' is split into different exercises, which are known as 'workstations'. As the circuit progresses the trainer moves from one exercise to another in a pre-determined sequence, completing a prescribed amount of work (sets/reps) at each station. Once the trainer has completed the prescribed work on each station, they move on to the next workstation. The trainer will work different muscle groups on each workstation. While one major muscle group is subjected to exercise, others are 'actively recovering'. This aspect of circuit training, coupled with the fact that the trainer does a prescribed number of repetitions at each station that is based on the endurance principle, allows the trainer to move quickly from one station to another, requiring relatively little rest between each station.

Weight Training

Building strong leg, arm and abdominal muscles along with other muscle groups will assist in the execution of sports fundamentals and the enjoyment of the game. All strength training involves the microscopic tearing of the muscle fibers by exceeding their capacity to move a weight or resist a force. As the body rebuilds the fibers, strength increases. Strong leg and arm muscles will increase a player's ability to maintain balance on their skates and increase the force exerted while skating. Strength is also useful in the games when they are pushing an opposing player in order to get the tackle. The training takes into account the number of repetitions, the amount of weight, and the amount of time the muscle is exposed to tension in order to maximize the amount of muscle fiber recruitment **(Philbin, 2004).**

Strength is the ability of the muscle to exert force. Maximal strength is the maximal amount of force the muscle is able to exert in a single contraction. All endurance sports require strength, with the amount varying for each sport. How much is necessary for optimal performance? The answer rests with each individual athlete as well as with the technical requirements of the sport. Proper strength training elicits some interesting changes in the muscles. Strength training improves the amount of contractile proteins, actions and myosin, in the fibers. Thus each type of training stimulates particular adaptations of the muscle fibers. Strength training can be either nonspecific or sport specific. Non-specific strength training involves conditioning the muscles, tendons and ligaments by using motions that do not exactly duplicate those used in competition. This would include weight training with machines or free weights and an assortment of calisthenics. Specific strength training involves conditioning the muscles, tendons and ligaments by using motions that closely or exactly duplicate those used in the sport. These would include a variety of methods, depending on the sport **(Sleamaker, 1989).**

Volleyball is a sport that requires a multitude of athletic abilities, such as explosive, agility, muscular endurance and strength in the lower body, muscular balance and high levels of neuromuscular co-ordination, body awareness and stamina, the ability to know where the body is, and being able to move it, good flexibility to avoid injury and correct balance between the quadriceps and hamstrings, as well as strength imbalances between the left and right leg. Thus, every volleyball player is interested to improve their game performance. Volleyball is an Olympic sport played professionally in many European countries. However, notwithstanding the professionalization, which is advancing in this sport, a lack of scientific information on its performance can be noticed. This can be due to many reasons, one of them is that most of the research which has been conducted in this field has been published in Eastern European countries and is not readily accessible to the sport science community. Another reason can be attributed to the conservative approach most coaches have towards physical conditioning for volleyball players. Physical conditioning in volleyball is extremely important for top performance, so the correct approach to training should be based on the knowledge of the specific requirements of the performance and on the development of specific training means.

Volleyball games typically have short bursts of play that require start and stop action. Cardio exercises to improve endurance should include volleyball drills that mimic the bursts of stamina needed in a volleyball game. Many volleyball trainers use "plyometric exercises" that help to build power and speed through jumping drills. Most of the studies reviewed were cross-sectional, and only a few reported data on performance related physical parameters of volleyball players. There is a need for

additional manipulative studies to determine the influence of specific conditioning programmes on volleyball game performance. More research is required concerning the variation in different methods of training and its effects. The applicability of these methods of training to develop physical fitness parameters of volleyball players is not yet completely known. Hence, there is a need to find out whether plyometric training, circuit training and weight training are the helpful training methods in improving strength and power of volleyball players.

Statement of the Problem

Knowledge of the various methods of training is most essential for coaches and players to attain optimal gain. The purpose of the present study was to find out the influence of plyometric training, circuit training and weight training on strength and power among inter collegiate volleyball players.

Methodology

Selection of Subjects

The purpose of the study was to analyze the influence of plyometric training, circuit training and weight training on leg strength, back strength and power, among inter collegiate volleyball players. To achieve the purpose of the study, 60 men volleyball players from various colleges affiliated to Madras University, Chennai who had represented inter collegiate level volleyball competition were selected as subjects. Their age, height and weight ranged from 17 years to 25 years, 164 cm to 176 cm, 56 kg to 78 kg respectively. The selected subjects were randomly assigned into four equal groups of 15 subjects each. Group-I underwent plyometric training, group-II underwent circuit training, group -III underwent weight training and group-IV acted as control. The dependent parameters were strength and power.

Training Protocol

Adequate warm up was given to the subjects prior to the plyometric, circuit and weight training. Attention was given to jogging, stretching, striding and general mobility especially about the joints involved in the planned plyometric, circuit and weight training session. A cool down exercise was performed after each session. All subjects were instructed not to start any specific training programs during the 12-week period and to only perform activities of normal daily living. Prior to the study, procedures and guidelines were presented orally and in written form. Subjects agreeing to participate signed an institutionally approved consent form. The experimental groups trained at the same time of day in the morning session, three days a week, throughout the study. During the training, all subjects were under direct supervision and were instructed on how to perform each exercise. The experimental group-I performed plyometric training, group-II performed circuit training, and group-III performed weight training. Group-IV was the control group who did not underwent any training.

A 12-week plyometric training program was developed using three training sessions per week. Training volume ranged from 100 foot contacts to 120 foot contacts per session. Rest interval of two minutes between each exercise repetitions, 5 minutes between sets and one day between plyometric sessions was given in order to allow the neuromuscular system to recover. Less intensive plyometric exercises was incorporated during the early stages of training to gradually condition the subjects and more demanding exercises was included when training progress. In the circuit training regimens, the subjects moved from one station to another, with weight for eight stations. The load was fixed for the experimental groups based on one repetition maximum (1 RM) of each participant in all the selected exercises. The duration of exercise for each exercises varied from 20 to 30 seconds. The number of circuits varied between three-and-four for twelve weeks, with a recovery interval of five minutes was given between circuits. The recovery interval of 1:1 work rest ratio was given between exercises.

The weight training program was a total body workout consisting of 3 sets of 3-12 repetitions on 6 exercises that trained all the major muscle groups. The load was fixed for the experimental groups based on one repetition maximum (1 RM) of each participant in all the selected exercises. The intensity of exercise performed for each exercise was progressively increased once in two weeks. The rest interval of 2 minutes between exercises and 5 minutes between sets was given.

Statistical Analysis

These criterion variables were assessed using standard tests and procedures, before and after the exercises. The selected variables for which data were collected from two groups prior to and after experimentation on selected strength and power parameters were statistically examined for significant difference, if any, by applying the analysis of covariance (ANCOVA) with the help of SPSS package. The level of significance was accepted at $P < 0.05$.

Results

Table 1. Adjusted Post Test Mean on Leg Strength, Back Strength and Anaerobic Power of Experimental and Control Groups

Variables	PTG	CTG	WTG	Control group	SOV	Sum of Squares	df	Mean squares	Obtained 'F' ratio
Leg Strength	93.51	94.73	97.19	92.64	B	174.328	3	58.109	345.89*
					W	9.244	55	0.168	
Back Strength	94.03	95.72	97.37	92.88	B	169.350	3	56.45	328.20*
					W	9.457	55	0.172	
Anaerobic power	93.52	94.74	97.18	92.64	B	174.382	3	58.127	345.99*
					W	9.244	55	0.168	

The required table value for significance at 0.05 level of confidence with degrees of freedom 3 and 55 is 2.78.

The table -1 shows that there is a significant difference existing between experimental and control groups, since the obtained F ratio on adjusted post test means are 345.89, 328.20, and 345.99 on dependent variables are greater than the required table value of 2.78 for given degrees of freedom at 0.05 level of confidence. The result of the study shows that significant differences existed between the adjusted post test mean of the plyometric training, circuit training, weight training and control groups in improving the leg strength, back strength and anaerobic power. Since, the adjusted post test F ratio value is found to be significant; Scheffe's post hoc test was applied to find out the paired mean difference.

Table II. Scheffe's Post Hoc Test for Paired Mean Difference on Leg Strength, Back Strength and Anaerobic Power

Variables	Adjusted post test means				Mean Diff	C I
	PTG	CTG	WTG	CG		
Leg strength	93.51	94.73	-----	-----	1.22*	0.43
	93.51	-----	97.19	-----	3.68*	0.43
	93.51	-----	-----	92.64	0.84*	0.43
	-----	94.73	97.19	-----	2.46*	0.43
	-----	94.73	-----	92.64	2.09*	0.43
	-----	-----	97.19	92.64	4.55*	0.43
Back strength	94.03	95.72	-----	-----	1.69*	0.43
	94.03	-----	97.37	-----	3.34*	0.43
	94.03	-----	-----	92.88	1.15*	0.43
	-----	95.72	97.37	-----	1.65*	0.43
	-----	95.72	-----	92.88	2.84*	0.43
	-----	-----	97.37	92.88	2.84	0.43
Anaerobic power	93.52	94.74	-----	-----	1.22*	0.43
	93.52	-----	97.18	-----	3.66*	0.43
	93.52	-----	-----	92.64	0.88*	0.43
	-----	94.74	97.18	-----	2.44*	0.43
	-----	94.74	-----	92.64	2.1*	0.43
	-----	-----	97.18	92.64	4.54*	0.43

*Significant at 0.05 level.

Table-II shows that three training groups are significantly contributing to the improvement of selected leg strength, back strength and anaerobic power parameters; however there was a significant difference exists between training groups and control group. However there was a significant difference exists between training groups also. While considering the three training methods, it was found that weight training was better than plyometric and circuit training in improving leg strength, back strength and anaerobic power.

Discussion on Findings

The results of this study suggest that twelve weeks of plyometric training, circuit training and weight training have a beneficial effect on leg strength, back strength and anaerobic power of the volleyball players. Also in consistent with present studies **Abass (2009)** found that plyometrics exercises (BWT) with depth jumping and rebound jumping characteristics are best used in developing muscle strength of the lower extremities. Circuit training is the popular exercise method that can maximize time-efficiency while addressing several aspects of fitness. The appeal of traditional circuit weight training (TRAD) is in the theoretical ability to enhance muscular strength and endurance as well as cardio respiratory fitness, all in one exercise session **(O'Shea, 1987; Simonson, 2010; Wilmore et al., 1978).** Research on the effect of weight training on health and fitness determinants revealed that weight training, like other types of exercise, positively affects physical performance and number of health parameters **(Miller, *et al*., 1984; Poehlman, 1992; Stone, 1991; Toth, *et al*., 1995).** Almost every study revealed an increase in muscular strength, whereas the effect on aerobic power is inconsistent and dependent on the type of weight training compared with running. The results of this study suggested that twelve weeks of Plyometric training, circuit training and weight training have a beneficial effect on selected motor fitness components. These findings are in consistent with the result of the previous research studies **Dorgo, S, *et al*., (2009).**

Conclusion

It is concluded from the result of the study that the leg strength, back strength and anaerobic power parameters can be developed by three training groups. This proved that due to twelve weeks of plyometric, circuit and weight training groups the leg strength, back strength and anaerobic power of the subjects improved significantly when compare to control group.

1. In improving leg strength weight training is significantly better than plyometric training and circuit training.
2. It was also concluded that weight training is significantly better than circuit training however no significant differences exist between weight training and plyometric training, plyometric training and circuit training in improving back strength of the subjects.

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