



## Effect of Interval Training on Selected Power Parameters among Male Students

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### Abstract

The purpose of the study was to find out the effect of interval training on selected power parameters among college male students. It was hypothesized that there would be significant differences on selected power parameters due to the effect of interval training among college male students. For the present study the 40 male students from A.V.V.M Sri Pushpam College, Poondi, Thanjavur District, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent interval training and Group 'B' has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't test'. The level of significance was set at 0.05. The experimental group showed better improvement on explosive power and elastic power among male students than the control group.

**Keywords:** Interval Training, Elastic Power, Explosive Power, Male Students.

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### Introduction

Sports and games are the best ways to earn social recognition and acquire a status in the modern society. The concept of training is reflected in words or terms, which are given to separate components of training or separate methods of procedures of doing physical exercise. Training means are various physical exercises and their objects, methods and procedures, which are used for the improvement, maintenance and recovery of performance capacity and performance readiness. Physical exercises are the physical means of training. The other means are used in addition to physical exercises or separately as per requirement. Each training means has its own specific effect on the performance capacity. Interval training is a highly taxing type of training that we could compare with the extremely strenuous work performed by Sisyphus. According to Greek mythology, Sisyphus was the king of Corinth and well known for his craftiness. When Hades, the god of death, came to get him, Sisyphus tricked Hades and put him in chains. Hades eventually escaped and punished Sisyphus for his trickery. The sentence was that Sisyphus would eternally push a huge stone to the top of a hill. Every time Sisyphus reached the summit the stone would roll back down forcing him to start his work again and again and again. Those who want to experience Interval training had better remember the work of Sisyphus

(Alkahtani et al, 2014).

In more recent years, attention has been focused on different methods of fitness programmes for improving performance. The teacher and coach who are looking for the best method of developing basic physical fitness qualities must consider various kinds of sports training. This has made the investigator to develop keen interest in that area so as to find out a form of training (interval training) which develops power parameters among male students.

### Methodology

The purpose of the study was to find out the effect of interval training on selected power parameters among college male students. It was hypothesized that there would be significant differences on selected power parameters due to the effect of interval training among college male students. For the present study the 40 male students from A.V.V.M Sri Pushpam College, Poondi, Thanjavur District, Tamilnadu were selected at random and their age ranged from 18 to 25 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent interval training and Group 'B' has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent 't test'. The level of significance was set at 0.05.

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**Table I.** Variables and Test

S.No	Variables	Tests
1	Explosive Power	Standing broad jump
2	Elastic Power	3 Hops Test

**Results**

The findings pertaining to analysis of dependent ‘t’ test between experimental group and

control group on selected power parameters among male students for pre-post test respectively have been presented in table II to III.

**Table II.** Significance of mean gains & losses between pre and post test scores on selected variables of interval training group (ITG)

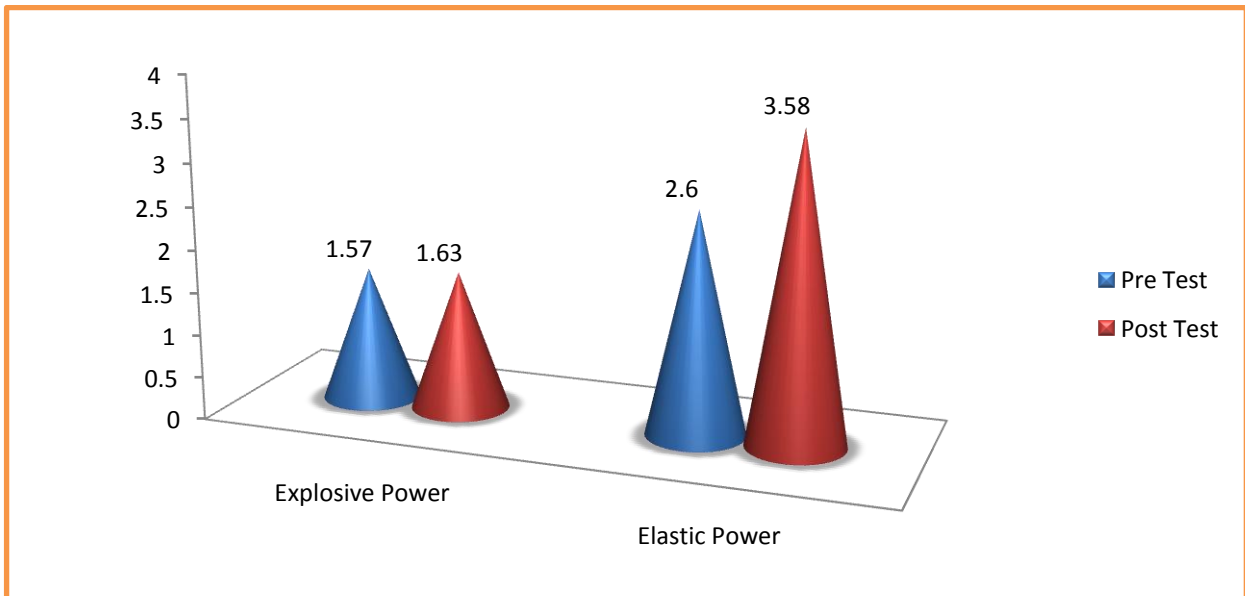
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Explosive Power	1.57	1.63	0.05	0.04	0.01	3.51*
2	Elastic Power	2.60	3.58	0.98	0.16	0.03	20.26*

\* Significant at 0.05 level

Table I shows the obtained ‘t’ ratios for pre and post test mean difference in the selected variable of explosive power (3.51) and elastic power (20.26). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be statistically significant at 0.05 level of confidence. It was

observed that the mean gain and losses made from pre to post test were significantly improved in power parameters namely explosive power (0.05 p<0.05) and elastic power (0.98 p<0.05) thus the formulated hypothesis was accepted.

**Figure I.** Comparisons of pre – test means and post – test means for experimental group in relation to power parameters



**Table II.** Significance of Mean Gains & Losses between Pre and Post Test Scores on Selected Variables of Control Group

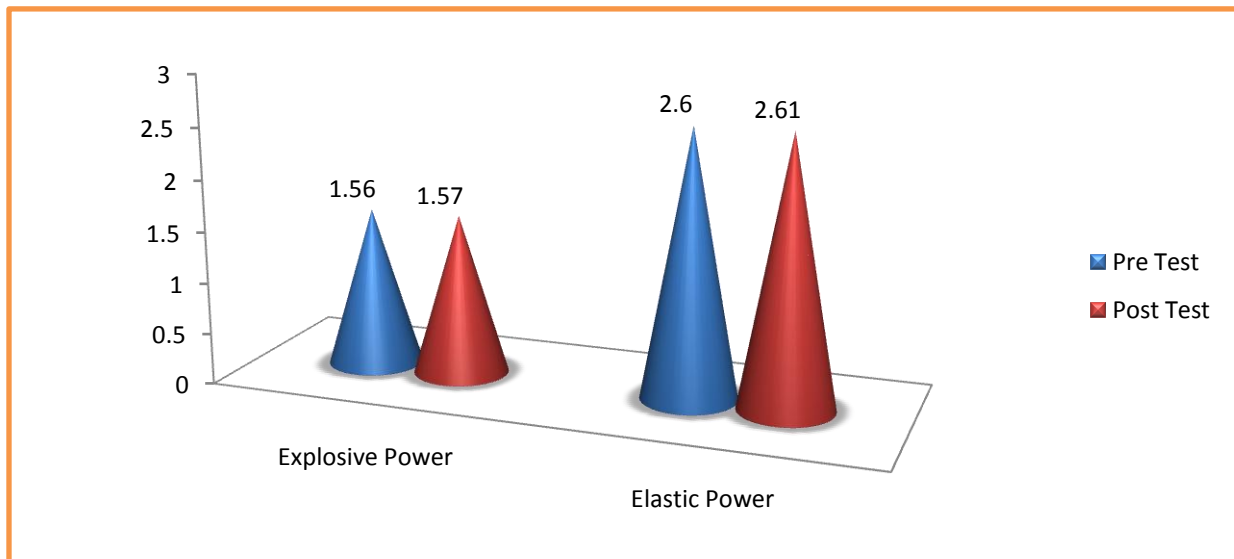
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
1	Explosive Power	1.56	1.57	0.01	0.07	0.01	0.33
2	Elastic Power	2.60	2.61	0.01	0.06	0.01	0.91

\* Significant at 0.05 level

Table II shows the obtained 't' ratios for pre and post test mean difference in the selected variable of explosive power (0.33) and elastic power (0.91). The obtained ratios when compared with the table value of 2.09 of the degrees of freedom (1, 19) it was found to be

statistically significant at 0.05 level of confidence. It was observed that the mean gain and losses made from pre to post test were not significantly improved in power parameters.

**Figure II.** Comparisons of pre – test means and post – test means for control group in relation to power parameters



In case of power parameters i.e. explosive power and elastic power the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular interval training which may also bring sudden spurt in power parameters in male students. The findings of the present study have strongly indicates that interval training of twelve weeks have significant effect on selected power parameters i.e., explosive power and elastic power of male students. Hence the hypothesis earlier set that interval training programme would have been significant effect on selected power parameters in light of the same the hypothesis was accepted.

### Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The interval training had positive impact on explosive power and elastic power among college male students.
2. The experimental group showed better improvement on explosive power and elastic power among male students than the control group.

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