



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(2): 97-100
© 2016 IJPESH
www.kheljournal.com
Received: 19-01-2016
Accepted: 22-02-2016

Raj Sanjay Deshmukh
Degree College of Physical
Education (H.V.P.M.) Amravati.
(M.S.)

International Journal of Physical Education, Sports and Health

Effect of weight training and dips exercises upon throwing ability of baseball players

Raj Sanjay Deshmukh

Abstract
The researcher wants to find out the effect of weight training and dips exercises on Baseball throwing ability of inter-collegiate players. For the present study the researcher has taken thirty 30 male baseball players from inter collegiate Tournament of the Sant Gadge Baba Amravati University Amravati. The subjects were sorted out through simple random sampling method and their age range varied from 18 to 28 years. The environmental conditions, daily routine work of the subjects were differing. The entire subject is divided into three groups of 10 subjects in each group. One was treated as Experimental Group-I second one was experimental group-II third one was Control group. The Experimental Group-I and experimental group-II asks to practice selected weight training and Dips exercises respectively three days in a week for duration of six week. No training was imparted to control group apart from their physical education programme. Before involving their training program pre test and after the six week training post test were administered through Baseball throwing ability test to measure throwing ability test to measure throwing ability both the experimental groups and control group. After the test, the training programme were administered progressively and carried over until the end of treatment period of six weeks. Exercises included in training like, exercise with dumb bells, Bench press, pull down and up and shoulder press and fly was given to the experimental group-I and Dips exercises to experimental group-II. The prescribed selected exercises were included in the training schedule for three days in a week for 45 minutes each day, for the period of six weeks under direct supervision of the experimenter. The intensity and repetition of exercises were given according to their physical efficiency. After the training programme post test were also taken for the three groups. To find out the effect of weight training and dips exercises on Baseball throwing ability of Baseball players the data were collected through administration of Baseball throwing test on throwing ability before and after the training programme of six weeks. In sowing the score were calculated by applying 't' statistical technique for further analysis.

Keywords: Weight Training and Dips Exercises upon Throwing Ability

Introduction

Sports have become part of parcel of the modern life as the millions participate in it to derive the benefits. In initial stage, Baseball was played as a recreational game but now a days it is competitive in nature, Baseball is the most popular and ancient game in European opponent for that we need stamina, strength, power, agility, flexibility, reaction time, speed etc. and therefore appeal; to youth would over. Baseball is a game which requires a high level of physical fitness and perfection in skills as to contribute one's best. In this scientific age, the man is trying to achieve higher performance through critical thinking, scientific training and even through drugs doping. Now today's sports is not limited to the self satisfaction, but it has got wide range of importance through sports, a nation highlights its prestige of the society and nation of international front this is why, so many scientific means and methods are utilized by the persons conceived for great success.

These day's coaches and physical education teachers have been experimenting on ways and means to find out the best. The easiest and most economical methods of training for the sportsmen in terms of time spend and training is applied to achieve the best possible result. In the complete training of the sportsmen systematic development of several areas (Physical fitness, Motor realism, technical and tactical) is to be emphasized and for this coaches and teachers of physical education must have the knowledge of the relevant physical and motor fitness qualities to be possessed and developed by their sportsmen along with technical and tactical knowledge.

Correspondence
Raj Sanjay Deshmukh
Degree College of Physical
Education (H.V.P.M.) Amravati.
(M.S.)

Fitness has become increasingly important part of Baseball both physical and mental fitness are required in Baseball. The physical fitness components such as 1) Endurance 2) speed 3) Agility 4) Strength 5) Power 6) Flexibility 7) Muscular strength etc. and the mental fitness component like concentration, mechanism, executing poser skill are very essential for the medium fast Pitcher required arm and shoulder strength to maintain the speed in pitching. For better executing of components of Baseball like hitting, Pitching, fielding and catching the total fitness plays vital role while batting batters required arm and shoulder strength to lift the bat and reach the ball to fence with great force. Pitcher requires arm and shoulder strength to maintain speed in Pitching. The fielder requires arm and shoulder strength to throw the ball from outline to catcher that is why we observe that every thrower should develop much strength ad body mass as possible. The dips and pull-ups are performed without using any weight implements. But in performing these exercises, the weight of an individual is shouldered by arms and hand. The dips and pull-ups exercises have been designed to build strength in arm, shoulder, strength to back muscles. The following muscles are involved in throwing Baseball. They are shoulder muscles, biceps, triceps, front deltoid, back deltoid, latissimus, torsi, pectoral muscles and so on when performing the dips and pull-up surely it will develop strength to these muscles.

Statement of the Problem

The research scholar has selected this problem because the researcher wants to know the effect of weight training and dips exercise upon the throwing ability of the baseball players. Hence the researcher takes the subject for this research. "Effect of weight Training and dips exercise upon Throwing ability of baseball players"

Purpose of the study

The main Purpose of the present study would be to find out the effect of weight training and dips exercise on throwing ability of baseball players.

Objective

1. Find out the effect of weight training upon throwing ability of baseball players
2. Find out the effect of dips upon throwing ability of baseball players.

Significance of the study

1. The study would be significant in helping the coaches or players to know the effects of weight training and dips and its contribution to the shoulder strength, arm strength and indirectly helpful for baseball performance.
2. To devise specific weight training programme.
3. The finding of the present study would be of special significance to the sports trainers specially dealing with the game of baseball.

Hypothesis

It is hypothesized that there would be significant effect of weight training and dips upon throwing ability of baseball players.

Methodology

Source of data

The sources of data were inter-collegiate Baseball (Men) Tournament of Sant Gadge Baba Amravati University, Amravati.

Selection of subject

For the present study total 45 Baseball players was selected randomly from inter-collegiate baseball Tournament of Sant Gadge Baba Amravati University, Amravati age of subject raining from 18-28 years.

Formation of Group

The researcher divided to total 60 Baseball players into equal 3 groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into three homogeneous groups namely. 1) Experimental Weight Training group I 2) Experimental Dips Exercise group II 3) Control Group.

Selection of Test and Criterion Measures

Throwing ability of Baseball test was administrated to measure throwing ability of baseball players.

Administration of test

This test measurement power, particularly of the upper body and evaluates throwing distance and technique.

Mark a line and the subject have to throw from subjects allowed a 10 meter run-up subject must throw the ball without crossing the line. If the line is crossed the throw is deemed a foul. Two practice throws was allowed and three measurements was made.

The distance from the starting line to where the ball first lands was recorded. The best result of three throws was recorded to the nearest meter.

Training

Warm up and cool down was 15 min and 10 min on every day. Training programme was from Monday to Friday in a week, and on Saturday and Sunday total rest to players.

Collection of data

For data collection three test was conducted as given below administration of the test 1) Pre-test: A Pre-test was conducted for knowing the equal distribution of both the group two experimental group and control group. 1) Post-test: After six weeks training programmed final test was conducted for the result collected pre-test and Post-test data were further put for analysis. Training programme was 6 weeks. The data were tabulated and statistical analysis.

Statistical analysis

To find out the effect of weight training and dips exercises on throwing ability of baseball players the data were collected through administration of baseball throwing ability test before and after the six weeks training programme. The collected data were analyzed by employing' test statistical technique.

Interpretation of data

All data pertaining to the present study were examined by employing 't' test to find out whether any significance difference between the means of pre and post test score of the three groups after the period of six weeks training dips exercises programme.

Result and Discussion

Table 1: Showing comparison of weight training group between pre and post test baseball players

Test	Pre	Post
Mean	162.553	172.580
SD	8.777	8.234
SE	2.691	
MD	10.027	
O`t'	3.726	
T`t'	2.04	
LS	0.050	

*Significant at 0.05 level of confidence, $t_{0.05}(28) = 2.04$.

Table-1 reveals that there is significant difference in weight training of baseball players between pre and post test. The obtained t-value of 3.726 is more than the table value of 2.04.

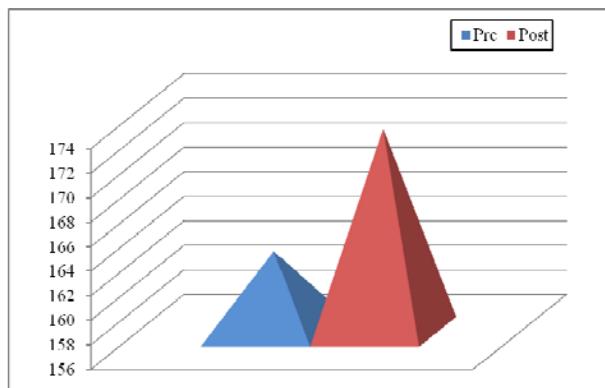


Fig 1: Mean difference of weight training group between pre and post test baseball players

Table 2: Showing comparison of dips exercise group between pre and post test baseball players

Test	Pre	Post
Mean	162.487	170.193
SD	7.639	9.079
SE	2.653	
MD	7.707	
O`t'	2.905	
T`t'	2.04	
LS	0.050	

Table-2 reveals that there is significant difference in dips exercise group of baseball players between pre and post test. The obtained t-value of 2.905 is more than the table value of 2.04.

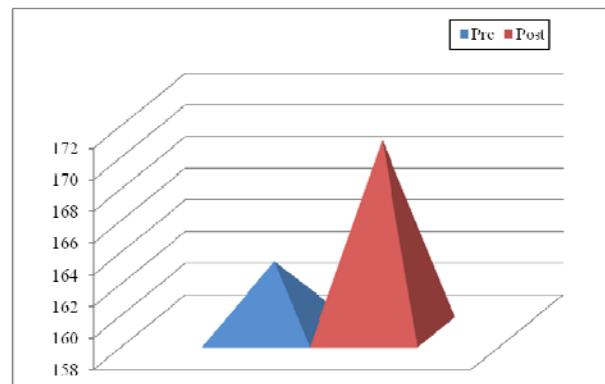


Fig 2: Mean difference of dips exercise group between pre and post test baseball players

Table 3: Showing comparison of Control group between pre and post test baseball players

Test	Pre	Post
Mean	162.487	168.080
SD	7.639	11.425
SE	3.073	
MD	5.593	
O`t'	1.820	
T`t'	2.04	
LS	0.050	

Table-3 reveals that there is significant difference in control Group of baseball players between pre and post test. The obtained t-value of 1.820 is less than the table value of 2.04.

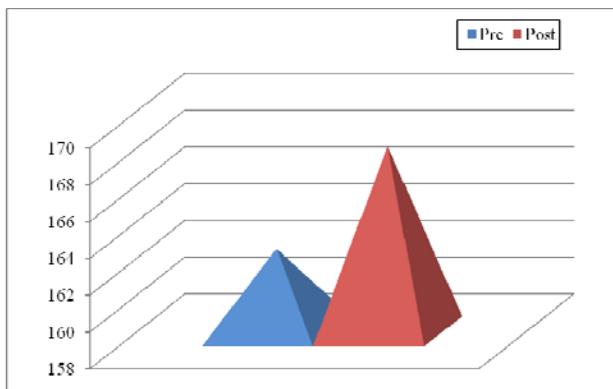


Fig 3: Mean difference of control group between pre and post test baseball players

Conclusion

The present study shows that there exist significant effects on Baseball throwing ability of the Baseball players after the weight training and dips exercises of six weeks on the experimental group-I and experimental Group-II respectively. The researcher found that the performance of throwing ability was improved after giving the 6 weeks of weight training and as well as dips exercises programme. This might be due to the fact that weight exercises and dips exercises which are might be helped to increase the muscle strength and power of the students for both the experimental groups. It might be reason that prescribed exercises has got significant influence on muscle strength and p [power of the inter collegiate Baseball players.

References

- Best JW. Research in Education, New Delhi: Prentice Hall Of India.
- Brose and Handson, the effect of two methods of overload training on the velocity and accuracy of throwing Research Quarterly, 1970, 41(4).
- Bucher and West, Foundation of Physical Education & Sports, Santa Clara: Times Mirror, 1987.
- Burger Richard A. The effect of various weight training programs on strength improvement" Competed research in health, Physical Education and recreation, 1967, 38.
- Carrent Henry E, Woodworth RS. Statistics in Psychology and education, New York: Longmans, Green and Co, 1960.
- Clarke Harrison H. The Nathaniel Hawthorne Junior High School Project, Physical Fitness Newsletter, 1955, 6.
- Clarke David H, Clarke Harrison H. Application of Measurement Health and Physical Education. New Jersey: Englewood cliffs Prentice Hall Inc., 1989.

8. Corbin C, Pangrazi B. The health benefits of physical activity. *Physical Activity and Fitness Research Digest*, 1993.
9. Dekod Dean E. The effect of a specific Resistance and weight training programme upon strength involved in and speed of a specific motor movement of the discus throw, Competed research in health, *Physical Education and recreation*, 1968, 10.
10. Deliss effect of various exercises on the endurance of the players *Research quarterly*, 1970; 2(4):49-60.
11. Douglas Hastad N, Alan Lacy C. *Measurement and Evaluation in Physical Education and Exercise Science*. USA: Gorsuch Scarisbrick Publishers, 1994.
12. Fits Robert and Sheehan George, *Conditioning for Distance Running* (Toronto: John wiley and Sons, Inc., 1974).
13. Gray Klug A. *Encyclopedia Exercise And Physical Fitness*, Guilford: The Dustin Publication Group Inc), 1998, 5. <http://patient.info/health/Physical-Activity-For-Health>
14. Hudson Charles I. *Physical Fitness*, Herald of Health, 1968; 45:2.
15. Muller JP. *Health Exercise and Fitness; Sports Publication*, New Delhi, 2003.
16. Kansal Devinder K. *Test and Measurement in Sports and Physical Education*. New Delhi: D.V.S Publications, 1996.
17. Kensal Devinder K. *Applied Measurement Education and Sports Selection*, New Delhi: Sports Publication, 2008.
18. Phillips Allen D. *Measurement and Evaluation in physical Education*, New York: John and sons, 1979. Pvt. Ltd. 1968.
19. Reema Kirtani. *Physical Fitness for Health*; Khel Sahitya Kendra; New Delhi, 2003.
20. Rechard Berger A. Effects of Varied Weight Training and Programmers on strength *Research Quarterly*, 1962, 33.
21. Singh Ajmer. Other; *Physical Education & Olympic movement*, Kalyani Publishers, New Delhi, Reprint, 2004.
22. Warner R. Johnson, *Science & Medicine of Exercise & Sports*, New York, 1974.