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Combined training on physical physiological and psychological variables among inter Kabaddi players

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Abstract

The expansion of life and horizon of education are giving new meanings and magnitude with every morning. Earlier the meaning of life was limited to Right to Life with dignity but now this life has its own expansion which includes right to education along with overall development of body and mind. And the overall development body and mind is directly proportional to the physical activities. The beginning of these activities can be understood by the physical activities and exercise of the mother during pregnancy as advised by the doctors/experts for the proper development of the fetes. And this role of physical activities continues till the last breath in varied forms.

Keywords: Physical physiological, psychological variables, Kabaddi players

Introduction

This is said that Health is the precondition for Life and Fitness is the precondition for Health. Fitness, which may be understood through different means or modalities, means physical and mental fitness. On some occasions exercise, dance, yoga or aerobics are considered essential for fitness but on other occasions sports and like activities are also considered the way to remain fit. In short, we can say that sports, health and life are inter-linked, interdependent, and indivisible as well as are highly essential for a healthy survival. This may be understood as the three 'I' ideology of living life. With the passage of time we have observed that sports and physical activities are everywhere considered paramount. This is with the development and advancement of the society and technology that sports, health and life are now not left untouched with law. Human Rights/Fundamental Rights are integral part of life which ensure Right to Life and the same must be read along with Right to Health. And health is impossible without sports and physical activities. Today 'Sports' are considered highly essential for the mental and physical development of human being. Therefore it becomes necessary to have good governance in the sphere of sports because of its necessity for the life in general and health in particular. Though sports and physical activities are integral part of life but full of danger and sometimes they may up to the extent that this may also put the life in danger.

Importance and Values of Sport

Sport is a means of exchange and understanding among people of various backgrounds, nationalities or beliefs, and it promotes expression beyond traditional barriers. The rules of the game transcend differences and inequality and help redefine success and performance. Through sport, people identify new role models in society. Since sports can play such important roles in the process of national development as outlined above, there must be deliberate plans to promote and develop sports on a wide scale in order to achieve maximum benefits.

Body Mass Index – (BMI)

The significant difference was found in the Body Mass Index- in relation to the Kabaddi players. The Kabaddi players group was have more BMI showing greater body mass than the Kabaddi players group. The significant difference was found in the speed ability- 40m sprint test the Kabaddi players group had better speed in comparison to the Kabaddi players group.

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The significant difference was found in the Standing Broad Jump a test of explosive strength in relation to the Kabaddi players. The Kabaddi players group had high explosive strength, showing greater jumping ability than the Kabaddi players group.

The significant difference was found in the Sit and Reach test in the Kabaddi players group had better hips and legs flexibility in comparison to the Kabaddi players group. The significant difference was found in the 1 minute Sit-Ups test of muscular strength endurance in relation to the Kabaddi players. The Kabaddi players group had better muscular strength endurance of abdomen muscles group, showing greater muscular endurance ability than the Kabaddi players group. The significant difference was found in the 12minutes Run/Walk test of cardiovascular endurance in relation to the Kabaddi.

Physical Characteristics of the Amateur Wrestler

Anthropometrics have long recognized that the human physique may be classified into various general types. Particular kinds of body builds and body proportions may constitute important prerequisites for successful participation in many athletic activities. Extreme ectomorphs, for example, are not usually successful in football or weight lifting, while extreme endomorphs are handicapped in distance running. Thus a study of the physical characteristics of amateur wrestlers may provide a basis for describing the physical traits best suited for success in the sport, and may also suggest general performance requirements inherent in the activity itself.

Goal Setting Through Mental Skills

The positive outcome of the performance are depend upon the goal-setting the affective way of goal setting enhancing team building, motivation and more oriented behaviour which can include in competitive strategies for Sports and Games. The objectives of the goal setting have certain specific performance areas that need improvement, and inspired the accountability for each member of team. During the short terms goals on the way to achieving the longer time goals influencing by their commitment efforts and mental readiness.

Effects of Sporting Activities

Sporting activities may not be taken as only meant for fun or for assisting in the physical development of the individual. It has its nationwide effects on the educational development and nation building as well. The effects are not just physical but also psychological, economical, emotional and social in nature. It gives a sense of belongingness, fosters unity and cooperation among peer groups across the nation. Different aspects of sports, physical and health education have varying benefits to human endeavours and existence.

“Recreational activities create the following benefits for the people,

- Provides fun and enjoyment
- Promotes social and cultural integration
- Reduces tension and emotion
- Widens one's outlook and horizon
- Develops basic skills needed in games and sports
- Helps in the correction of metabolic disorders, dietary disorders and postural defects e.g. diabetes, obesity and scoliosis.

The Effects of Training and Overtraining

Athletes must be exposed to high levels of physical training in order to elicit training adaptations and improve performance.

Training to improve performance is based on the principle of progressive loading, or overload, which states that a system can adapt when subjected to loads that exceed the system's current capacity, or that disturbs homeostasis. With adequate rest, the same load in the future will not exceed the body's capacity. During any type of training, responses occur at the cellular and tissue levels in the body in effort to adapt. The body is unable to keep up with the amount of breakdown occurring from physical stress due to high training loads, and adaptation fails. Excessive training can therefore affect the musculoskeletal system, leading to changes in strength, range of motion, and stress reactions in bones. Over time, this can lead to injury from chronic tissue disruption.

Physiological Markers of Overtraining

When the body is in an over trained state, physiological processes, as discussed previously, become affected. It has been suggested that monitoring the alterations in levels of certain biomarkers, for example hormones, can be used to diagnose over trained athletes. Mucosal immune responses, As physiological measures of monitoring overtraining require further investigation and thus far have demonstrated unclear relationships, it is more common to use psychological markers to track an athlete's responses to training. Strong connections have been documented between overtraining and mood state.

Yoga and Physical Fitness

Change in integral part of human progress and cognitive growth for various competitive and improved the variety of individual behavior. The physical education teacher should analysis that what kind of yoga which should more benefit for the particular activity. According to activities of the sport that can develop concentration of mind which execute the skills and build the positive qualities through confidence and attention and maintain the proper posture stretches as well as breathing exercises can relieve the body tension and provides the psychological means through analytic and protecting from negative thought and emotion, and maintain the equilibrium in behaviour condition of individual.

Conclusion

On the basis of findings of the study that significance difference was found in vital capacity between sportsman Physiological Variables Resting heart rate, Resting blood pressure, Vital capacity and Respiratory rate among coastal area, no coastal area and hill area national level Kabaddi players. Though these exist significant difference among the coastal area, non- coastal area and hill area national level Kabaddi players in relation to Resting heart rate, Vital capacity and Respiratory rate and insignificant difference among the coastal area, non- coastal area and hill area national level Kabaddi players in relation to resting blood pressure. Physiological responses to soccer play indicate moderate to high intensities intermittently high anaerobic responses and reduction of muscle glycogen stores towards the end of play game related activities impose unique physiological stress on players match play demands have implication for the modelling of training regiments and attention to specificity of soccer skill.

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