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## Effect of SAQ training on selected physical fitness parameters of women Kho-Kho players

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### Abstract

The study was designed to investigate the effect of SAQ training on selected physical fitness parameters of women Kho-Kho players. Thirty women Kho-Kho players were randomly selected from SREC, Coimbatore and their age ranged between 18 and 21 years. The subjects were randomly assigned two groups (n=15) such as experimental group and control group. Experimental group underwent various SAQ training for a period of twelve weeks and control group acted as who did not participate in any special training other than the regular routine. The SAQ training with physical fitness parameters such as agility and speed were selected as physical fitness parameters. Pre and post-test random group design was used for this study. The dependent 't' test was applied to determine the difference between the means of two groups. To find out whether there was any significant difference between the experimental group and control group. To test the level of significant of difference between the means 0.05 level of confidence was fixed. The result of the study shows that, there was a significant change takes place on agility and speed women Kho-Kho players due to the effect of twelve weeks of SAQ training. Finally it was concluded that, there was a significant difference exists between experimental group and control group.

**Keywords:** SAQ training, agility and speed

### Introduction

Speed, Agility and Quickness training also known as SAQ training is a system of dynamic movement and guidelines when create the important of motor abilities to enhance the ability of the individual to be more skilful in faster movement. SAQ training may be used physical training to increase the speed, strength or the ability to apply the maximal force during the fast movements. A few benefits of SAQ training consist of increases in muscular power in linear, horizontal and multiple movements.

Speed, agility, Quickness (S.A.Q.) training has emerged as a popular pathway after train athletes. Speed, agility, and edge training may cover the full spectrum of coaching intensity, beyond mean according to excessive intensity. Every unaccompanied wish enters in a education programme at a unique level; as a result coaching intensity have to coincide with the individual's abilities. Low depth speed, agility, then point drills execute keep back by way of everyone because one-of-kind applications. SAQ drills do also remain back in imitation of instruct movement, warm-up, and according to condition an athlete. No tremendous preparation is wanted after participate at this stage concerning speed, agility, then acuity training. Higher depth drills require a enormous stage on preparation. A simple method after protected sharing and expanded utility is in accordance with beginning a concurrent strength-training application when starting speed, agility, or ability coaching (Alan, 2001) <sup>[1]</sup>.

### Methodology

The purpose of the study was to find out the effect of SAQ training on selected physical fitness parameters of women Kho-Kho players. To achieve the purpose of the study, thirty women Kho-Kho players were selected from SREC, Coimbatore. The subjects were randomly assigned two groups namely, experimental group (n=15) and Control group (n=15). A pilot study was conducted to assess the initial capacity of the subjects in order to fix the load. The respective training was given to the experimental group the 3 days per weeks (alternate days) for the training period of twelve weeks. The control group was not given any sort of training except their regular activity.

**Design**

To evaluate physical fitness parameters as Agility was measured by using a T test that calculated the angle of quickness. The parameters were measured at baseline and after twelve weeks of SAQ training were examined. To evaluate physical fitness parameters in speed was measured by using a 50 meter dash that calculated the angle of speed. The parameters were measured at baseline and after twelve weeks of SAQ training were examined.

**Training Protocol**

The training programme was conducted for 45 minutes for session in a day, 3 days in a week for a period of twelve weeks duration. These 45 minutes included 10 minutes warm up, yogic practices are sports specific resistance training for 25 minutes and 10 minutes warm down. Every three weeks of training 5% of intensity of load was increased from 65% to 80% of work load. The volume of prescribed based on the number of sets and repetitions. The equivalent in yogic practices are sports specific resistance training is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday).

**Selection of Variables**

Sl. No	Variables	Test Items	Unit of Measures
1.	Agility	T test	In Seconds
2.	Speed	50 meter dash	In Seconds

**Statistical Procedure**

The following statistical technique's 't' ratio was calculated to find out the significance of the difference between the mean of the pre and post-test of the experimental group. The significance of the difference among the means of experimental group was found out by pre and post-test. The

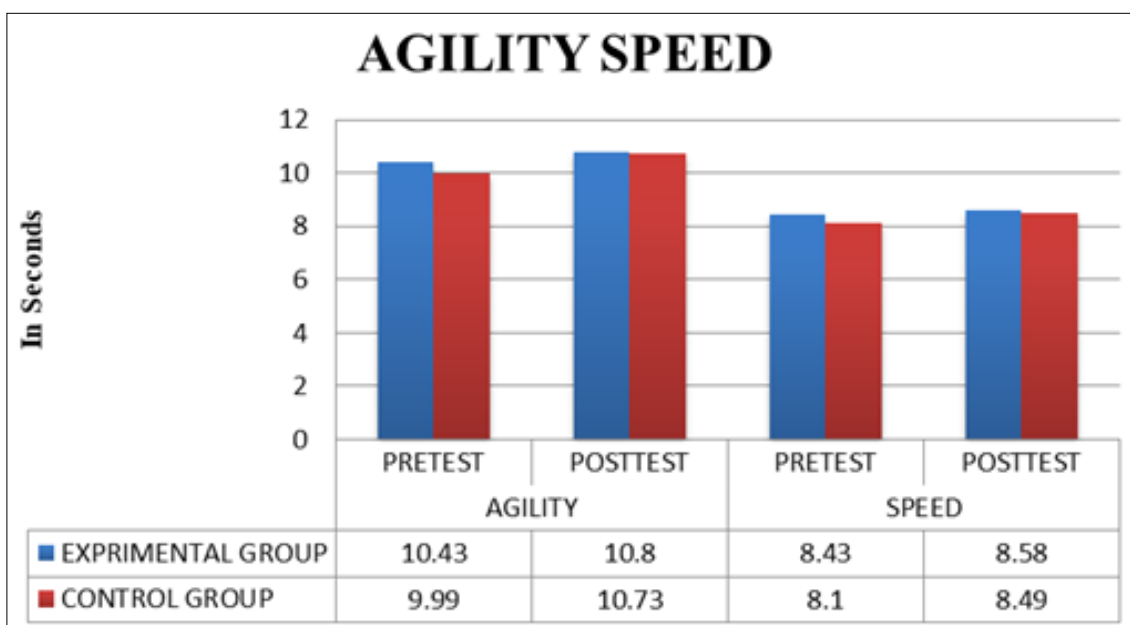
date were analysed and dependent 't' test was used with 0.05 levels of confidence.

**Table I:** Computation of 't' ratio on experimental group and control group

Group	Variables	Mean	Std. Deviation	Std. Error Mean	t ratio
Experimental Group	Agility	Pre	10.43	0.19	0.05
		Post	9.99		
	Speed	Pre	8.43	0.12	0.39
		Post	8.1		
Control Group	Agility	Pre	10.80	0.12	0.03
		Post	10.73		
	Speed	Pre	8.58	0.18	0.59
		Post	8.49		

Note: Significant\* level 0.05 level degree of freedom (2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and 't' ratio on selected physical fitness parameters namely agility and speed of experimental group and control group. The results shows that the pre-test mean values of experimental group and control group 10.43,8.43 and 10.80,8.58 respectively and the post test mean values are 9.99,8.1 and 10.73,8.49respectively. The obtained dependent t-test between the pre and post-test means on agility and speed of experimental group are 8.7 and 8.4 respectively. The table value required for significant difference with degrees of freedom 14 at 0.05 level of confidence. The obtained't' test value of experimental group was greater than the table value. The results clearly indicated that the agility and speed of the experimental group improved due to the various yogic Practices on adolescent women Kho-Kho players.



**Fig I:** The bar diagram shows the mean values of agility and speed

**Discussion on Findings**

The present study was experimented the effect of SAQ training on selected physical fitness parameters of women Kho-Kho players. According to our result of this study indicated that the physical fitness parameters improved the agility and speed SAQ training on selected physical fitness parameters agility and speed develop your acceleration,

deceleration, reaction time, coordination, quickness, and focus. These are all skills necessary for sports performance. The findings of the present study had similarity with the findings of investigations referred in this study. SAQ group was much better than ladder group in speed and also SAQ training was much better in agility than ladder training group. This may be due to the nature of trainings and type of

exercises given. It was concluded that Kho-Kho game requires fast changes in direction, vertical jumps, forward lunges around the court (Kumaran 2021) <sup>[2]</sup>. Kho-Kho The result revealed that the SAQ training and aerobic interval training had significantly improved Speed and agility improvement may be due to the nature of the trainings. (Nagesh 2022) <sup>[3]</sup>. The result of the present study indicates that the physical fitness parameters programme is effective method to improve agility and speed on of women Kho-Kho players.,

### Conclusion

Finally, the research concluded that after completing the recommended training programme, there was a significant difference between the experimental group and the control group on certain related to agility training improves flexibility, balance and control. Agility helps the body to maintain proper alignment and posture during movement. Additionally, agility drills encourage our body to learn how to maintain correct body placement and speed With speed and agility training, your body becomes balanced, more flexible, and more used to the movements in which your sport requires. This ultimately allows you to not only perform your best, but help reduce the risk of injuries happening as well. The experimental group had improved as a result of twelve weeks of SAQ training. Future research will make advantage of a longer training period and female players from different levels of Kho-Kho players.

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