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Dr. Hoshiyar Singh
Professor,
J.S.P.G. College,
Sikandrabad, Bulandshahar,
Uttar Pradesh, India

Exploring the influence of hill running on aerobic fitness development in Chaudhary Charan Singh University's badminton players

Dr. Hoshiyar Singh

Abstract

The objective of this study is to study the effect of hill running in development of aerobic fitness among Badminton players of Chaudhary Charan Singh University which will be helpful to Coaches and Trainers to develop the endurance ability. The sample for the present study consists of 20 Male Badminton Players of Chaudhary Charan Singh University out of which 10 are Experimental Group and 10 are Controlled Group. Hill running training such as short hills, medium hills, long hills, and mixed hills running were given to Experimental Group on alternate days for 6 weeks along with general training of Badminton and Control Group were given the general training of Badminton. Pre-test and Post-test were conducted for 12 Min Cooper Test to assess the aerobic fitness of both the groups. This study shows that the Experimental Group has got rapid improvement due to Hill Running compare to control group. It is concluded that due to Hill running there is a improvement of Aerobic fitness. It is recommended that the coaches must include the Hill running programs to Badminton players for the development of aerobic fitness.

Keywords: Aerobic fitness, Badminton, players, Hill running

Introduction

Badminton stands out as an exceptionally demanding sport, especially at the elite level, where players are consistently required to push their limits in terms of speed, agility, flexibility, endurance, and strength. In addition to these physical demands, players must also maintain a heightened state of concentration to effectively handle the tactical and mental challenges posed by their opponents. The diverse array of potential stresses in competitive play is substantial. Therefore, a comprehensive understanding of the fitness, particularly the physiological requirements specific to badminton, is imperative for all involved in the modern game, coupled with insights on how to enhance "Badminton fitness."

Badminton is a highly dynamic and fast-paced racket sport that demands agility, speed, precision, and strategic thinking. It is played both recreationally and professionally, with a rich history dating back centuries. Originating in ancient civilizations such as Greece, China, and India, badminton evolved over time, and the modern version of the sport took shape in British India during the mid-19th century. The game's name is derived from the Duke of Beaufort's Badminton House in Gloucestershire, England, where the first official rules were codified in 1873.

The essence of badminton lies in the players' ability to hit a shuttlecock, also known as a birdie, over a net with the help of a racket. The objective is to land the shuttlecock in the opponent's half of the court in a way that makes it challenging or impossible for them to return. Badminton can be played in singles (one player against another) or doubles (two players on each side of the net). A match consists of the best of three games, with each game played to 21 points. If the score reaches 20-all, a two-point advantage is needed to secure the game.

Key elements of the sport include Court and Equipment

- The badminton court is rectangular, divided into halves by a net.

Corresponding Author:
Dr. Hoshiyar Singh
Professor,
J.S.P.G. College,
Sikandrabad, Bulandshahar,
Uttar Pradesh, India

- The court dimensions for singles and doubles are different, ensuring fair play for both formats.
- Players use lightweight rackets, typically made of carbon fiber or aluminum, and a shuttlecock made of feathers or synthetic materials.

Scoring System

- Points are scored when a player or team successfully lands the shuttlecock in the opponent's side of the court.
- A rally ends when the shuttlecock hits the ground, goes out of bounds, or a player commits a fault.

Serving

- The serving side must win a rally to score a point.
- The server and receiver must stand diagonally opposite each other on the court during the serve.

Rules and Faults

Players must adhere to specific rules, including staying within their respective court halves and avoiding certain types of shots deemed as faults.

Common faults include serving or receiving out of turn, stepping into the opponent's court, or hitting the shuttlecock outside the boundaries.

Strategy and Tactics

- Badminton is as much a mental game as a physical one, with players strategically placing shots to gain an advantage.
- Tactics include using various shot types, such as clears, smashes, drops, and net shots, to outmaneuver opponents.

Fitness and Endurance

- Players require exceptional fitness levels, agility, and quick reflexes due to the fast-paced nature of the game.
- Endurance is crucial, especially in extended rallies and multiple-game matches.

Professional Level

- At the professional level, badminton is an Olympic sport, attracting top athletes from around the world.
- Professional players exhibit incredible skills, combining powerful smashes with delicate net play and exceptional court coverage.

Global Popularity

- Badminton is played and enjoyed by millions worldwide, with a particularly strong following in Asia, Europe, and parts of North America.
- The sport's global appeal is fueled by its accessibility, as it can be played in various settings, including backyards, recreational centers, and professional arenas.

In conclusion, badminton represents a synthesis of skill, strategy, and athleticism, appealing to both casual players engaging in friendly matches and elite athletes competing at the highest echelons. It stands out as one of the most versatile and exhilarating racket sports globally.

A pivotal facet of badminton fitness lies in the realm of aerobic endurance, a crucial element for sustaining optimal performance on the court. Aerobic exercise orchestrates the synchronized efforts of the heart and lungs, facilitating the transport of oxygen and energy to the working muscles. This not only expedites recovery post-exertion but also replenishes

muscle energy stores, enabling players with excellent aerobic fitness to engage in intense gameplay without succumbing to fatigue as swiftly as their less fit counterparts. The significance of aerobic fitness is particularly conspicuous in protracted matches where endurance stands as a linchpin to success. Furthermore, superior aerobic fitness allows for prolonged training sessions, establishing itself as a cornerstone in overall training activities. An often-misconstrued concern about endurance training revolves around its potential impact on a player's speed. While continuous endurance training at low intensity may influence speed, a well-rounded program, encompassing diverse activities and intensities, should not compromise movement speed.

Hill running, a variant of strength training, emerges as a valuable component in augmenting endurance for badminton players. The incline of hills elevates the intensity of training, fostering strength development due to the resistance encountered during running. This mode of training not only fortifies muscles but also enhances power, proving particularly advantageous for athletes reliant on high running speeds. The benefits of hill running encompass the development of power, muscle elasticity, improved stride frequency and length, enhanced coordination, control, and stabilization, along with promoting strength endurance and maximum speed.

Recognizing the potential advantages of hill running, the study endeavors to explore its effects on the development of aerobic fitness among badminton players at Chaudhary Charan Singh University, specifically within the age group of 18 to 25 years. The primary objective of this research is to elucidate the impact of hill running on aerobic fitness among the university's badminton players within the specified age range. The scope of the study extends to evaluating the effects of hill running on aerobic fitness, providing valuable insights for the targeted age group of badminton players affiliated with Chaudhary Charan Singh University.

Review of Literature

Nigatu Worku and Dr. Aschenaki Taddese (2017) conducted an in-depth examination into the impact of a 12-week hill training regimen on the performance of middle and long-distance athletes. Employing a longitudinal and controlled quasi-experimental design, the study aimed to assess various physiological and performance-related parameters. The research involved thirty-two athletes, randomly assigned to either a Control Group or an Experimental Group, with an average age of 18.8 years, weight of 51.3 kg, and height of 1.68 m. The 12-week intervention consisted of two sessions of 40 to 60 minutes of hill workouts per week, totaling 16 to 24 hours.

Pre- and post-field tests were conducted at weeks 0, 6, and 12, with an additional assessment for the Experimental Group at week 16. Parameters assessed included VO₂ max, resting heart rate, speed endurance, race performance improvement, consistency of the improved performance, and injury status. Various tests, such as the 12 min Cooper Test for VO₂ max, resting heart rate measurements, speed endurance tests, race time records from the 4th to the 16th weeks, and injury reports from the 2nd to the 12th week, were administered.

While both groups exhibited similarity before the pre-test, the intervention group displayed significant improvements in VO₂ max, resting heart rate, and speed endurance at weeks 6 ($P = 0.00$, $a = 0.05$) and 12 ($P = 0.00$, $a = 0.05$), as well as in race time. However, the developed performance at week 16

showed an insignificant change. The Control Group exhibited insignificant changes at both time points. Notably, there were no significant changes in injury records either between or within groups ($P = 0.381$, $\alpha = 0.05$). The study concluded that 12 weeks of hill training significantly enhanced VO₂ max, resting heart rate, speed endurance, and race performance in club-level middle and long-distance athletes. Furthermore, the developed performance remained consistent over a 4-week period, and hill training itself did not cause athletic injuries.

In a separate study, Prof. Rajesh Kumar (2020) delved into the effects of Plyometric and Circuit Training on selected Physical Variables among Sprinters from Meerut District of Uttar Pradesh.

Methodology

The participant pool in the current investigation comprises 20 male badminton players affiliated with Chaudhary Charan Singh University, falling within the age bracket of 18 to 25 years. This cohort is evenly divided into two groups: an Experimental Group consisting of 10 individuals and a Control Group also consisting of 10 individuals. The Experimental Group underwent a structured hill running training program, encompassing various types such as short hills, medium hills, long hills, and mixed hills running. These sessions were administered on alternate days over a span of 6 weeks, complemented by the inclusion of general badminton training. In contrast, the Control Group exclusively received general badminton training.

To evaluate the impact of the training interventions, both groups underwent a pre-test and post-test employing the 12-Minute Cooper Test, a recognized metric for assessing

aerobic fitness. This comprehensive approach aims to discern any discernible changes in the aerobic capacities of the participants resulting from the distinct training regimens administered to the Experimental and Control Groups.

Tools: Cooper 12-min Run Test

The cooper 12 min run is a popular maximal running test of aerobic fitness, in which participants try and cover as much distance as they can in 12 min.

Purpose

The purpose of the study was to test aerobic fitness (the ability of the body to use oxygen to power it while running).

Equipment Required

Flat oval or running track, marker, recording sheets, stop watch.

Procedure

Place markers at set intervals around the track to aid in measuring the completed distance. Participants run for 12 min, and the total distance covered is recorded. Walking is allowed, though the participants must be encouraged to push themselves as hard as they can to maximize the distance covered.

Results and Discussion

Table 1 shows that the mean values of Experimental Group in pre-test are 2391.83 and post-test are 2678.50 there is improvement of mean distance up to 286.67 due to Hill running.

Table 1: Pre-test and Post-test Mean Values of 12 min Run Cooper Test for Badminton Players Experimental Group Hill Training Experimental Group on Cooper Test 12 min Run

Badminton Players	Mean	n	SD	SEM	t	Sig
Pre_test	2391.83	10	102.57	18.72	-49.091	0.000
Post_test	2678.50	10	109.11	19.92		

Table 2 shows the mean values of Control Group in pre-test is 2348.33 and post-test is 2293.33 there is decrease of mean

distance up to 0.55 due to general training

Table 2: Pre-test and Post-test Mean Values of 12 min Run Cooper Test for Badminton Players Control Group Hill Training Control Group on Cooper Test 12 min Run

Badminton Players	Mean	n	SD	SEM	t	Sig
Pre-test	2348.33	10	85.29	15.57	5.356	0.000
Post-test	2293.33	10	87.53	15.98		

The strength, speed, and endurance are the important abilities for successful performance. The dominant ability is the one from which the sport requires higher contribution to achieve the high success in the sports and games.

Aerobic fitness plays very important to role in playing the Badminton game for playing efficiently for long period under the conditions of fatigue efficiently. Badminton player having better aerobic fitness can perform better in the match. Hill running also develops strength in legs which is very important to hit the Smashes and also to move in court in higher speed to achieve the good results.

Conclusions

It is concluded that the due to the Hill running develops the strength and power in the legs. It also improves the coordination in the arms and legs and promotes in developing the Aerobic fitness. In this study, it is concluded that due to the hill running the aerobic fitness develops a lot in the

badminton players.

Recommendations

Similar studies can be conducted among females and in other sports and games. This study is useful to the coaches to prepare the conditioning program to improve the motor abilities of the badminton players.

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