



THE EFFECT OF SPECIFIC TRAINING PROGRAMME ON RESPIRATION RATE OF TAEKWONDO PLAYER

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Abstract: To evaluate the effectiveness of 06 weeks Plyometric Training Programme on Respiration Rate of Taekwondo Player. pre-test and post- test randomized group design were undertaken for the present study which consist of an Experimental group and control group. Equal number of subjects (N=50) were assigned randomly to both groups. The experimental group was exposed to 06 weeks Plyometric Training Programme, whereas, no treatment was given to control group. For the purpose of the present research work a total of 100 Taekwondo Players were randomly selected for the present research work. The level of significance to test the obtained t-ratio was fixed at 0.05 level of confidence, which was considered to be appropriate in review of the fact that highly sophisticated instruments and devices were not used for more stringent level of significance. By Using 't'-ratio the finding of the study showed that there was a significant difference in the pre-test and post-test scores of experimental group in Respiration Rate as a result of 06 weeks plyometric training practices. Whereas the finding of the study reveals that there is significant difference in Respiration Rate in the pre-test and post-test of experimental group and No significant difference in control Group. As a result of 06 Weeks Plyometric training.

Keywords: Plyometric Programme, Taekwondo

Introduction:

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

First, Taekwondo is the right way of using Tae and Kwon 'fists and feet,' or all the parts of the body that are represented by fists and feet. Second, it is a way to control or calm down fights and keep the peace. This concept comes from the meaning of Tae Kwon 'to put fists under control' [or 'to step on fists']. Thus Taekwondo means "the right way of using all parts of the body to stop fights and help to build a better and more peaceful world."

Olympic Tae Kwon Do, short periods of intense movement are framed by incessant periods of increased heart rate followed by a brief period of rest. Characteristic

Taekwondo sparring matches are comprised of rounds that last two minutes. During this time period of sparring, the heart rate can

climb to the individual's maximum target heart rate. As such movement is necessary during any Olympic martial arts event, it is important that a contestant have a great deal of endurance and strength, Accuracy and Efficiency before entering the competition.

Statement of the problem:

The Effect of Specific Training Programme on Respiration Rate of Taekwondo Player.

Purpose of the study:

- 1) The purpose of the study is to improve of Respiration Rate strength.
- 2) The purpose of the study is to find out the level of Respiration Rate strength.
- 3) To study the importance of Respiration Rate strength.
- 4) To study for Accuracy and Efficiency.

Significance of the study:

1. The result of the present study would be helpful to the Physical Education Teachers and coaches and other professionals, in order to understand the importance of Accuracy and Efficiency.

2. The study will help to know the significance of Respiration Rate strength of Accuracy and Efficiency with the performance.

3. The study may provide an opportunity to assess the Accuracy and Efficiency trength of Taekwondo players.

Hypothesis:

On the basis of literature reviewed, available findings, experts opinion and scholar’s own understanding of the problem it was hypothesized that there were significant effect of specific training program on Respiration Rate Strength of Taekwondo Player.

Sub-Hypotheses: There were significant difference in Respiration Rate of taekwondo Players.

Selection of the samples:Hundred Taekwondo players was randomly selected as subjects for the purpose of this study all the subjects participated in the regular taekwondo activities in the taekwondo Interuniversity Tournament. The age of the subjects ranged between 18 to 28 years.

Criterion measure: Respiration Rate

Data Collection:

Researcher first Took the Test of Respiration Rate for Improving the Accuracy and Efficiency of Respiratory Ratethen Gave the 6WeeksSpecific Plyometric Training to Intercollegiate Taekwondo players then again took the Test of Respiration Rate for Improving the Accuracy and Efficiency of Respiratory Rate.

Data Analysis:

Table-1Comparison Between the mean of pre-test and Post Test of Control Group on the basis of ‘t’-ratio for Respiration Rate

Item	M1	M2	MD	‘t’-Ration	Require d ‘t’-Ration
Respiration Rate Control Group	16.04	16.02	0.02	1.000	1.671
Respiration Rate Experimenta l Group	16.26	14.040	2.22	11.299 *	1.671

M₁ = Mean of Pre-Test

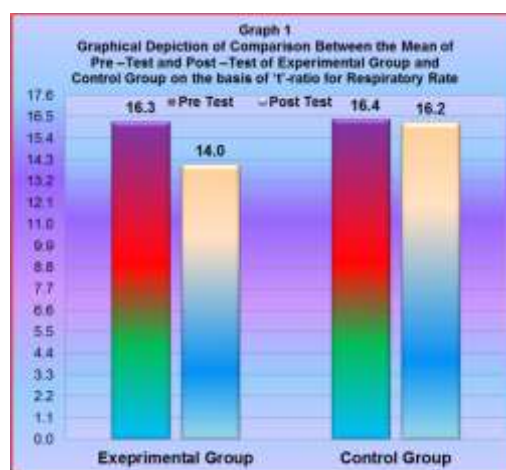
M₂ = Mean of Post Test

Discussion:

Table-1 indicates that the mean for Respirations rateof pre- test and post- test of control group 16.04 and 16.02

respectively. Similarly, examination of the same table reveals that there is no significant difference in the mean of Respirations rate of pre- test and post- test scores of control group as the obtained ‘t’-ratio value 1.000 is much less than the required ‘t’-ratio value 1.671 at 0.05 level of confidence.

The mean for Respirations rate of pre- test and post- test of Experimental group 16.26 and 14.0400 respectively. Similarly, examination of the same table reveals that there is significant difference in the mean of Respirations rate of pre- test and post- test scores of Experimental group as the obtained ‘t’-ratio value 11.299 is much more than the required ‘t’-ratio value 1.671 at 0.05 level of confidence.



Conclusion:

- 1) In Respirations rate no significant difference was found between Pre-test and Post- test of Control group.
- 2) significant difference was found in the Respirations rate of experimental group as a result of practices of different Plyometric Training for 06 weeks as the Post-test score were found to be better than that of Pre-test Scores.

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