

Influence of Physical Fitness Training Phases on Physical and Physiological Parameters of Female College Athletes

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Physical fitness training phases were utilized in sports scientifically to enhance the physical and physiological performances of athletes. The phases of physical fitness training prior to competition influence the performance of athletes under different conditions. Based on afore said facts the investigator aimed to study the influence of physical fitness training phases on the physical and physiological parameters of female college athletes and find out the differences in the performance of athletes at preparatory and competition phases. A total 18 female students were selected on a random basis and their ages ranged between 18-22 years. The physical fitness parameters speed, endurance, explosive strength, flexibility and agility and physiological parameters vital capacity, breath hold capacity, and body mass index were chosen as criterion measures. The physical fitness tests like the 40-meter dash, 12-minute run & walk test, bent knee push-ups, standing board jump, sit & reach test and physiological parameters like digital spirometer test, height and weight measures and breath hold test were chosen to collect the data. The pre-test data of female college students were taken 1 month after and during preparatory phase and post test data were taken after the 3 weeks of competition phase training. To find out the influence of two training phases on physical and physiological parameters of female students, t-test was applied and level of significance was set at 0.05 levels. No significant changes between training phases were found for vital & breath hold capacity. A significant difference was found in the speed, explosive strength, shoulder strength, flexibility, agility and endurance test performances. Further, no changes for body mass index composition measures were observed. In spite of modifications in the physical fitness training, it appears that vital and breath capacity measures and body composition status remain relatively stable between two training phases in female athletes.

Keywords: Physical Fitness, Performance, Strength, Flexibility, Endurance, Agility