IMPACT OF RESISTED EXERCISES ON STRENGTH ENDURANCE AND SPEED OF DEAF HIGH SCHOOL STUDENTS

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ABSTRACT

The purpose of this study was to investigate the resisted exercises and its impact on strength endurance and speed of deaf and dumb students. To achieve this thirty interested deaf high school boys (N = 30) were selected as subjects and their age ranged between 15 and 19 years. The subjects were categorized into two groups randomly viz. Resisted exercise group (REG) and Control group (CG) and each group comprise of 15 subjects. Control group was not exposed to any specific training apart from their regular activities. Experimental group underwent their respective experimental treatment for eight weeks, 3 days per week and a session on each day. Strength endurance and Sprinting speed were taken as variables for this study. The collected data was analyzed by using analysis of covariance (ANCOVA). The results revealed that resisted exercise group (REG) produced significant improvement for deaf students on their strength endurance and speed as compared to control group ($P \leq 0.05$).