

EFFECTS OF SIX WEEK PLYOMETRIC TRAINING AND AEROBIC TRAINING ON SELECTED MOTOR FITNESS COMPONENTS AMONG BASKETBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effects of six week plyometric and aerobic training on selected motor fitness components among basketball players. To achieve the purpose of the study, ninety college men selected as subjects who were attended basketball coaching camp conducted by the department of physical education, Punjabi University, Patiala, Punjab. The selected subjects were aged between 17 to 21 years. The selected subjects were randomly divided into three groups of 30 subjects each group. Group one acted as experimental group I and group two acted as experimental group II and group three acted as control group. Group three underwent routine physical exercise; group one underwent plyometric training and group two underwent aerobic training for six weeks. The subjects were tested on selected criterion variables such as agility and flexibility prior to and immediately after the training period. The selected criterion variables such as agility was measuring by shuttle run and flexibility was measured by sit and reach test respectively. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental group and control group on selected criterion variables separately. Scheffe's post hoc test was used to find out the paired adjusted mean difference when the study was significant. The result of the present study has revealed that there was a significant difference found among the experimental and control group on agility and flexibility.