

INFLUENCE OF ACTIVE AND PASSIVE WARMING UP ON MOTOR PERFORMANCE OF THE ATHLETES

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ABSTRACT

Participating in some form of a warming up prior to engaging in physical activity is considered an acceptable and valid practice. Nonetheless, the topic has been debated among those in the sport and physical education field for a number of years. The present study was framed to find out the influence of various types of active and passive warming up methods on trained and untrained subjects. Two categories of persons were taken as subjects for the study. The first category was comprised of active trained athletes participating in sports and games for more than 5 years and they are called trained athletes or TA. The second category was comprised of Physical Education trainees of without any sports back-ground (N=26) and of age group 20-25 years and they will be called Physical Education less active group i.e. PELA. Motor performance of the subjects was measured through strength, agility and flexibility components and that components were measured by Pull-ups tests, Shuttle run test and Sit and Reach test (modified) respectively. Here five conditions were introduced to test the performances of the subjects, which were No warming up (NWU), Active unrelated warming up (AUR), Active related Warming up (AR), Sauna bath (SB) and Massage (MAS). All the subjects took part in each of the test once without warming-up and again after due warming-up. The data was analyzed by appropriate statistical method. It was found that both active and passive warming-up had significant influence on motor performances of both trained and untrained subjects, but the percentage of influence varied according to their performance status. At the same time it was also found that influence of warming up varied in respect of motor components. It may finally be concluded that for TA active and passive WU has some influence on motor performance in respect of NWU, but this influence is not significant for all cases. The mean magnitude of increment of sit and reach performance due to active as well as passive WU found low due to extreme performance by some subjects in NWU case.