

## COMPARATIVE EFFECT OF SELECTED SPORTS AND GAMES TRAINING PROGRAMME TO INFLUENCE HEALTH RISK FACTOR OF YOUTH

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### ABSTRACT

*The purpose of the study was to determine the effect of forty five days summer football and swimming training programme on visceral fat rating. The other purpose of the study was to determine the comparative effect of forty five days training programme between football training programme and swimming training programme on visceral fat rating of youth. Thirty male youth from different region of Gwalior who attended the summer sports and games training camp at LNIPE, Gwalior were selected as subjects for study. The procedure for selection of the subjects was based on purpose sampling technique in which youth, those who were have high (eight and above) visceral fat rating and the age of the subjects were ranging between 12 to 17 years. The subjects were divided into three groups (10 each) in which two experimental groups and one control group i.e. Football Group, Swimming Group and control Group for this study. The pre test and post test design was selected for collecting the data. The criterion variables (Visceral Fat Rating) was measured by using standard equipment called Tanata body composition analyzer (BC-420 MA) in state of rest. The subject was exposed for football training programme and swimming training programme, which was assign to specialised student teacher for summer sports and games training camp for youth where they administrated with their specialised sports and games in proper manner for one hour every day, five days for six weeks in the morning from 6:30 pm to 7:30 pm. The pre-post test design was chosen for collecting the data. Significant result was found to the effect of forty five days summer football and swimming training programme and highly significant effect of football training programme in comparison of swimming training programme on visceral fat rating.*