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Effect Of Specific Training On Selected Physical Fitness Variables Of High School Male Skaters

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Abstract: The present study is to find out the effect of specific training on selected physical fitness variables of high school male Skaters. 20 skaters were selected from Ambitus the school, choutuppal, yadadri bhonigr, TG. The subjects were between 14 to 16 years. They were divided into two groups of 10 in each. One group was acted as the experimental group and another group was acted as control group. The experimental group underwent the specific training for 8 weeks 6 days per week. Each training session was for one hour in the evening from 4.00 PM to 5.00 PM. To achieve the result, the following criterion measures namely physical fitness variables namely endurance and balance were also tested. The standardized tests were taken before and after the specific training. Endurance was tested by using 1mile run and balance was tested by using stork balance stand test. The paired 't' test was applied to analyze the collected data and in all cases the criteria for the statistical significance is set at 0.05 level of confidence.

Index Terms – Specific training, skaters, endurance and balance

1. SKATING

The earliest roller skates known are from 18th-century Europe. These skates were used in theater and musical performances, possibly to simulate ice skating onstage. Early roller skating was done in a straight line because turning or curving was very difficult with the primitive skate designs of the time. Limited to an occasional performance prop at the time, roller skating would not see widespread use until the 1840s.

Waitresses in an 1840s beer hall in Berlin used roller skates to serve customers. Ballet and opera of the late 1840s, such as Le prophète, featured roller skating. This helped to make roller skating popular for the first time, in 1850s Europe. Technological improvements, such as rubber wheels in 1859 and four-wheeled turning skates in 1863, contributed to the spread of roller skating. The popularity of roller skating has fluctuated greatly since then; it is typically called a "craze" at its high points. Roller skating boomed in popularity from 1880 to 1910; roller skates were mass produced and skating in rinks became popular with the general public in Europe, North and South America, and Australia. Specialized types of roller skating appeared in this period, such as figure skating and speed skating. After a decline in popularity, roller skating became widespread again in the 1930s to the 1950s. This era is known as the Golden Age of Roller Skating. Many skating rinks offering electric organ music were built throughout the United States in this period. In the 1970s, roller disco became widespread. This style of skating originated with disco music predominantly among Black and gay skaters. During the late 1980s and the 1990s, outdoor and indoor inline skating (with "rollerblades") became popular. Roller skating declined in popularity in the early 21st century, but became more popular again during the COVID pandemic. Roller skating has long been tied to Black American social movements,

immigrant communities, and the LGBT community, particularly for women in roller derby. As a hobby it is perceived as whimsical and is widely accessible to many people.

2. STATEMENT OF THE PROBLEM

The present study was to find out the effect of specific training on selected physical fitness variables of high school male Skaters.

3. HYPOTHESES

It was hypothesized that there may be significant differences due to specific training on the selected physical fitness variables namely endurance and balance.

4. SIGNIFICANCE OF THE STUDY

1. This study will be helpful to select of high school male Skaters.
2. The study will be helpful to develop training schedule to improve the physical fitness variables of high school male Skaters.
3. The study will be help the coaches or physical education teachers to frame suitable programme to improve the physical fitness component
4. The study will be an asset in the area of training.

5. DELIMITATIONS

1. The study is confined to twenty (N=20) of high school skaters as subjects.
2. The subjects were selected from Ambitus the school, choutuppal, yadadri bhonigr, TG.
3. The subjects were selected only from the age group of 14 and 16 years.
4. The duration of the training was six days per week and 8 weeks in total.

6. LIMITATIONS

1. The following limitations are considered for this study.
2. The day to day activities, rest period, food habit and life style were not controlled.
3. Here dietary and environmental factors, which contribute to both physical and mental efficiency, were not controlled.
4. No attempt was made to determine whether the subjects had same degree of motivation during the various stages of training and testing period.

The variables selected for this study were as follows.

7. METHODOLOGY

To execute the present study the research investigator were selected 20 high school skaters from Ambitus the school, choutuppal, yadadri bhonigr, TG. Their age group ranges from 14 to 16 years.

7.1 Independent Variables

Specific training

7.2 Dependent Variables

1. Endurance
2. Balance

8. TESTS

S.no	Dependent variable	Test Item/Equipment	Unit of measurement
1	Endurance	1mile run	In Minutes and Seconds
2	Balance	Stork balance stand test	In Seconds

9. EXPERIMENTAL DESIGN

This study is designed to find out the effect of specific training on selected physical fitness variables of high school male Skaters. The selected subjects are initially tested on Physical fitness variables used in this study. After the completion of initial test, all the subjects were underwent the specific training for weekly six days in a week and 8 weeks in total. After 8 weeks, all the subjects are tested on criterion measures using means and methods used during the initial test.

10. STATISTICAL TECHNIQUES

The present study paid its attention mainly on testing the effectiveness of the effect of specific training on selected physical fitness variables of high school male Skaters. The Statistical tool used for this present study is described here. The significance of the mean difference between the pre-test and post-test values of the variables was found out by applying t-test.

TABLE-2

TABLE SHOWING THE MEAN DIFFERENCE STANDARD DEVIATION AND 't' VALUE OF EXPERIMENTAL AND CONTROL GROUPS IN ENDURANCE

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	7.16	0.22	0.38	0.99	9.97*	2.14
Experimental post test	6.94		0.41	0.10		
Control pre test	7.32	0.03	0.17	0.43	0.93	2.14
Control post test	7.29		0.16	0.42		

*significance at 0.05 level 0f confidence

FIGURE-2

BAR DIAGRAM SHOWING PRE AND POST TEST MEAN VALUE OF EXPERIMENTAL GROUP AND CONTROL GROUP IN ENDURANCE

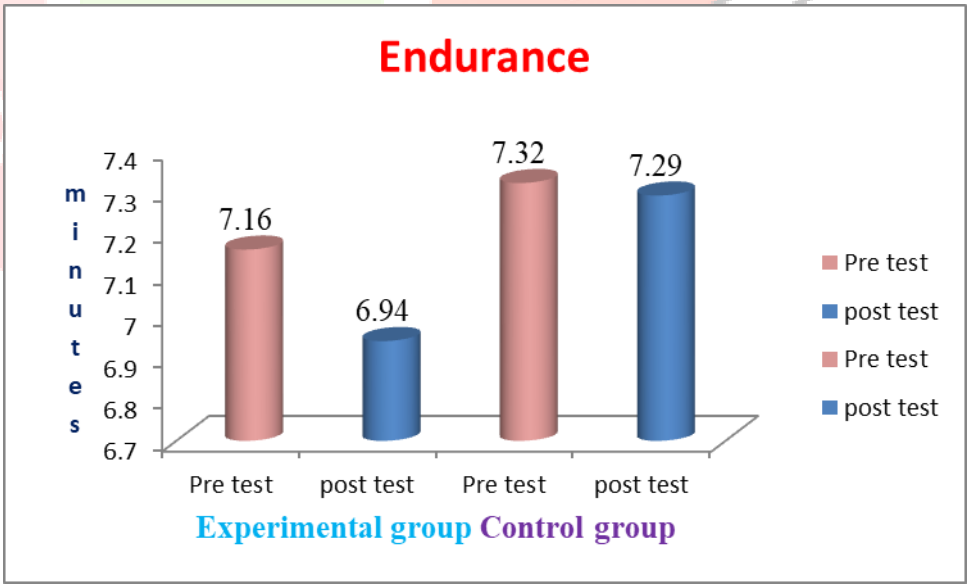

TABLE-2

TABLE SHOWING THE MEAN DIFFERENCE STANDARD DEVIATION AND 't' VALUE OF EXPERIMENTAL AND CONTROL GROUPS IN BALANCE

Group	Mean	Md	Std.deviation	Std.error of the mean	't'	Table value
Experimental pre-test	32.83	8.92	2.24	0.64	15.62*	2.14
Experimental post test	41.75		1.91	0.55		
Control pre test	32.00	1.58	0.95	0.65	1.44	2.14
Control post test	33.58		0.93	0.64		

*significance at 0.05 level 0f confidence

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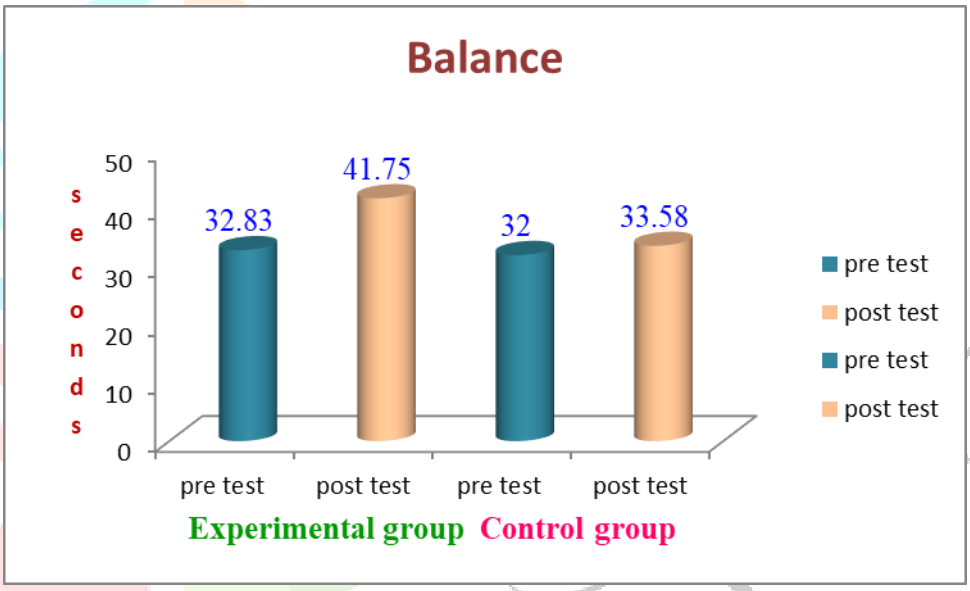
FIGURE-2

BAR DIAGRAM SHOWING PRE AND POST TEST MEAN VALUE OF EXPERIMENTAL GROUP AND CONTROL GROUP IN BALANCE



11. DISCUSSION ON FINDINGS

The result of the study shows that the experimental group that had undergone specific training and improved physical fitness variables namely endurance and balance. This may be due to the effect of specific training.

From the result of the present study, it is concluded that the experimental group improved in physical fitness variables.

12. CONCLUSIONS

Based on the statistical analysis and the limitation of the study, and results the following conclusions are drawn.

- It was concluded that experimental group significantly improved on physical fitness variables namely endurance and balance.

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