

A STUDY ON THE IMPACT OF MOTOR PHYSICAL FITNESS EXERCISES FOR DEVELOPMENT OF SHOULDER STRENGTH AND SPEED AMONG UNIVERSITY VOLLEYBALL SKILL PERFORMANCES

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ABSTRACT

Motor Physical Fitness Exercises are a vital component for Volleyball Players for obtaining the maximal strength, speed and force during the athletics event and should be included in any conditioning program of Volleyball Players. The purpose of the present study to find out the effect of Motor Physical Fitness Exercises for the development of Shoulder strength speed among Volleyball Players. The sample for the present study consists of 50 Male Volleyball Players Affiliated Colleges of Andhra University out of which 25 are experimental group and 25 are controlled group. Motor Physical Fitness Exercises such as hopping, bounding, depth jumps, tuck jumps, Push-ups etc. were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for six weeks. Pre-Test and Post Test were conducted in Pull ups to measure the shoulder strength and 30 M Run to measure the speed among experimental group and controlled group. This study shows that due to the Motor Physical Fitness Exercises training there is an improvement of experimental group in the Shoulder strength and Speed and controlled group is decreased in performance of shoulder strength and speed. Volleyball Players is all about explosive power. Explosive power is a combination of speed, muscular endurance and muscular strength, all of which can be developed through Motor Physical Fitness Exercises. It is concluded that due to Motor

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Physical Fitness Exercises there will be improvement in shoulder strength and speed among Volleyball Players.

Keywords: Motor physical fitness exercises exercise, Maximal strength, Speed, Volleyball players in Andhra University.

INTRODUCTION

Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. Although they do not always succeed, sports participants are expected to display good sportsmanship, standards of conduct such as being respectful of opponents and officials, and congratulating the winner when losing.

All motor components contribute directly and indirectly for better performance. General Motor Fitness Test is prepared after analyzing twenty-eight components. The main components among them are strength, velocity and muscular co-ordination. The other components like shape, height and weight of body, force, endurance, balance and ability are also important. According to victor, motor fitness is a constant going on process. Motor fitness depends on physical organs and skills of the person. Each person needs certain minimum degree of motor fitness. Maximum motor fitness depends on how the individual works. Physically healthy person can remain active for a long time without feeling tiredness. Motor fitness is very important in viewpoint of sports. Motor fitness is taken into consideration while selecting players of any sport, so that higher results can be attained.

One of the important aims of every sports programme should be to develop physical fitness of the participants. In the narrow understanding, Games and Sports is a competitive activity. In other words, the activity which has been historically formed in the sphere of physical culture as competitions which aim to identify, compare and develop certain human abilities. Self-understanding is a basic to an integrated personality, sports gives a clear estimate of more than one dimension of the individual. Attitude of students is an important area for research. It is an important segment of an individual's readiness. Status has an effect on the individual's reaction to a situation may be further stated that attitudes are learned or acquired they may be influenced by teaching. Attitude has environmental effects also. Individual's attitude is guided and guarded by his parents' views, well-wishers views and by some social factors (Chetna Chaudhary, Birendra Jhaharia, 2010). Home and School are two unique institutions to form right attitude towards and object. Games and Sports contribute towards social, mental, emotional and intellectual development. Vigorous activity is basically meant for increasing the efficiency of the body and human being need to be fit efficiently throughout their lives. To take part in games and sports activities one can develop his health definitely. A healthy society needs the healthy individual (Adams, Shea, O'Shea, & Climstein).

To form the structure of the circuit training, the coach measures characteristics of physical fitness of layers by giving a physical fitness test

and decides which competencies they lack. Then, the coach constructs the training programme for development of lacking competencies (Christophe, Michal Lehnert, Ivona Lamrova, Milan Elfmark, 2009). For example, if the coach sees less strength of shoulder muscles, he will include the exercise helpful to increase the strength of shoulder muscles in the circuit training. If the coach finds less speed, one or two exercises for increasing speed will be selected. In the same way, if developing the muscles of thigh or abdomen, some exercises for development of muscles of thigh or abdomen can be selected. Thus, one or two exercises for muscular power, flexibility, endurance etc. are to be included in the circuit training and the structure of the training programme is prepared. Selections of exercises, exercise cycles, duration of training, density of exercise etc. are to be determined while preparing structure for the circuit training (Campo, Vaeyens, Philippaerts, Redondo, de Benito, 2009).

Motor Physical Fitness Exercises exercises are a vital component for Volleyball Players for obtaining the maximal strength, speed and force during the throwing event and should be included in any conditioning program of Volleyball Players. Successful Volleyball Players are athletic, technically sound and tactical savvy in the ring. Spending long hours in the gym makes you more technical and tactical. With an effective workout routing and the right training, your coordination, quickness and explosiveness should improve through Motor Physical Fitness Exercises Training Motor Physical Fitness Exercises train your nervous system to trigger quick, Powerful muscle contractions, (Vishnu Raj,2017). workouts include high intensity exercises that emphasize short bursts of energy. Volleyball Players a sport that requires explosive and powerful movements for an athlete to succeed. Motor Physical Fitness Exercises mimics the physical demands of a fight and will train your body to move more quickly and explosively. When completing Motor Physical Fitness Exercises exercises, they must be done in short bursts at the highest intensity possible (Young, James, Montgomery, 2002).

Fitness is a very important in the success of a Volleyball Players (Sinku, 2012). Volleyball Players need excellent levels stamina, speed, agility and power. In order to improve as a judo player, you should be testing and monitoring your fitness levels and adjusting your training so you can fully reach your potential.

STATEMENT OF THE PROBLEM

The purpose of the study “A Study on the Effect of Motor Physical Fitness Exercises Exercises for development of Shoulder Strength and Speed among University Volleyball Players.”

METHODOLOGY

The purpose of the present study to find out the effect of Motor Physical Fitness Exercises exercises for the development of Shoulder strength and speed among Volleyball Players. The sample for the present

study consists of 50 Male Volleyball Players in Affiliated Colleges of Andhra University out of which 25 are experimental group and 25 are controlled group. Motor Physical Fitness Exercises exercises such as Pushups, Medicine Ball Throws, Hopping, Bounding, Tuck Jumps, Box Jumps, dumbbell throws etc. were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for six weeks. Pre-Test and Post Test were conducted in Pull ups to measure the shoulder strength and 30 M Run to measure the speed among experimental group and controlled group.

RESULTS

This result of the study shows that due to the Motor Physical Fitness Exercises training there is an improvement of experimental group in the Shoulder strength and Speed and controlled group is decreased in performance of shoulder strength and speed due to the general training.

Table 1 shows the Experimental Group of 30 M Run Men is 7.42 in Pre-Test and Controlled Group mean is 7.43 in Pre-Test there is a difference of 0.01 in Pre-Test. The Experimental Group Mean is 6.45 in Post Test and Controlled Group mean is 7.13, the Experimental Group mean in Post Test in 30 M Run is decreased from 7.42 to 6.45 there is an improvement of 0.97 from Pre-Test to Post and Control Group Mean is posttest is 7.43 there is a increase of 7.43 to 7.13 from Pre Test to Post, the performance is come down to 0.30 in the controlled group. Due to the Motor Physical Fitness Exercises Training the Experimental group has improved a lot.

Table 1. Mean values of 30 M run test between experimental and control groups of Volleyball Players.

Variable	Group	Pre-Test M	Post Test M	t' value	P' Value
30 M Run	Experimental	7.42	6.45	3.56	0.00
	Control	7.43	7.13		

Table 2 show the Experimental Group of Pull ups in Pre-Test is 15.00 and Controlled Group mean is 15.10 in Pre-Test there is a difference of 0.00 in Pre-Test. The Experimental Group Mean in Pull Ups Test is 20.00 in Post Test and Controlled Group mean is 17.50, the Experimental Group mean in Post Test in Pull ups Test is improved from Pre-Test 13.00 to Post Test 18.00 and Control Group Mean is posttest is 13.00 there is a decrease in the performance from 13.00 to 15.50. The Experimental Group has improved due to Motor Physical Fitness Exercises exercises in Pull ups Test and Controlled Group is decreased due to general training (**Figure 1 & 2**).

Table 2. Mean values of Pull Ups test between experimental and control groups of Volleyball Players in athletics.

Variable	Group	Pre-Test	Post Test	t' value	P' Value
Pull ups	Experimental	15.00	20.00	8.01	0.00
	Control	15.00	17.50		

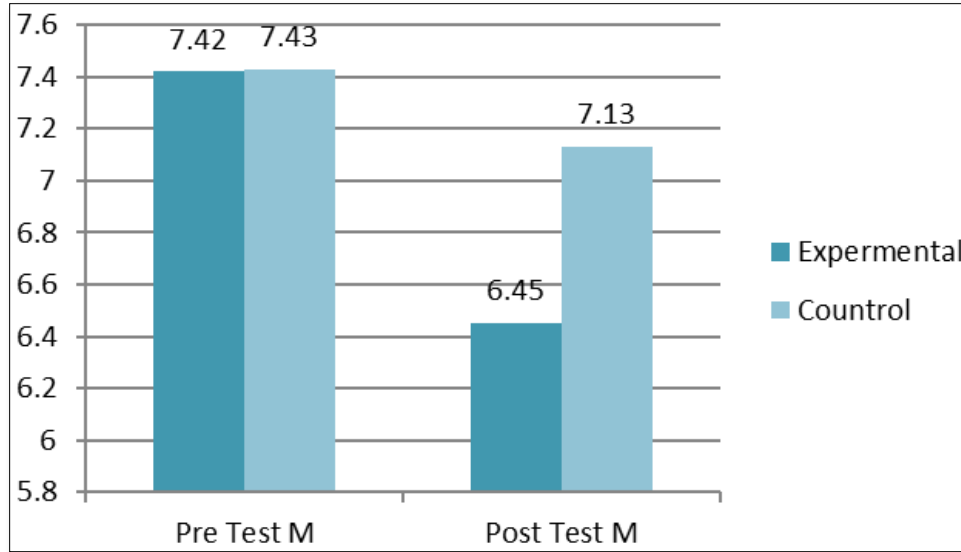


Figure 1. Mean values of 30 M run test between test between experimental and control groups of Volleyball Players.

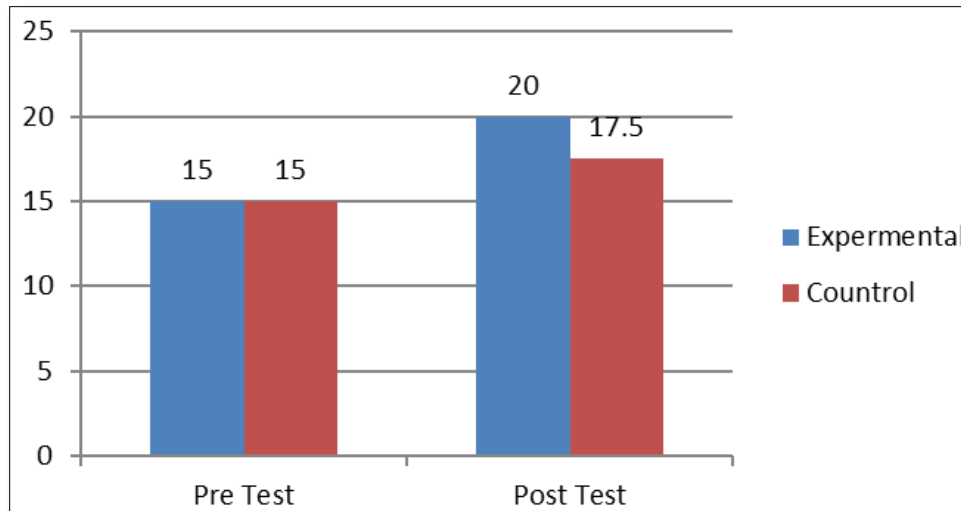


Figure 2. Mean values of Pull ups test between test between experimental and control groups of Volleyball Players.

CONCLUSION

Throwing Events in athletics is all about explosive power. Explosive power is a combination of speed, muscular endurance and muscular strength, all of which can be developed through Motor Physical Fitness Exercises exercises. In a competitive sport such as hokey skills in events overall body strength and ability to Moments quickly are distinct advantage. Competition are according to the Events High Performance. It is concluded that due to Motor Physical Fitness Exercises exercises there will be improvement in shoulder strength and speed among Volleyball players.

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