

Effect of Physical Exercises, Fartlek Training and Combined Training on Speed among Men Trainee Sub Inspectors of Andhra Pradesh

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Abstract – The present study was undertaken to analyze the effect of physical exercises, fartlek training and combined training on speed among men trainee sub-inspectors of Andhra Pradesh. The researcher selected sixty four men trainee sub-inspectors were from beachpally, Andhra Pradesh. Their age ranged from 21 to 25 years. The subject chosen for the study divided into four equal groups and designed fartlek training group (FTG), Physical exercise group (PEG) and fartlek training with physical exercise programme (FTPEG) and control group (CG). Experimental groups underwent for twelve weeks of training program on alternative days. The data were selected before and after the training period. The collected data analysed with analysis of covariance (ANCOVA). The level of significant was fixed at 0.05 levels. Where ever the 'F' ratio found significant Scheffe's post-test was used for find out the significant differences among the adjusted paired mean. The result of the study concluded that FTG, PEG and FTPEG are significantly improved speed level when compared with control group.

Keywords: Physical Exercises, Fartlek Training, Speed

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BACK GROUND AND PURPOSE

The police are people empowered to enforce the law, protect property and reduce civil disorder. Their powers include the legitimized use of force. The term is most commonly associated with police services of a state that are authorized to exercise the police power of that state within a defined legal or territorial area of responsibility. The word comes via medieval French police; from Latin politia "civil administration", from ancient Greek Law enforcement, however, constitutes only part of policing activity.

Exercise is a planned and expedient activity whose primary goal is to improve the health and physical shape of the participants (Ostojic et al., 2009), and to active the adaptive process that will produce certain positive changes in the human body (Tivanovic, 2000). This running is the combination aerobic and anaerobic is accomplished in a varied pace run by interrupting steady, continuous running of short sprints, one established form of varied pace training is known as fartlek (Hazeldine 1985). "The individual's belief about himself or herself, including the person's attributes and who and what the self is" (Baumeister 1999).

HYPOTHESIS

1. It was hypothesis that there will be significant improvement in speed level after the twelve weeks of fartlek training group (FTG), physical exercise group (PEG) and fartlek training with physical exercise programme (FTPEG) when compared with control group (CG).
2. It was hypothesis that fartlek training with physical exercise programme (FTPEG) will be significantly better than fartlek training group (FTG) and physical exercise group (PEG).

METHODOLOGY

The purpose of the study was to find out the influence of physical exercises, fartlek training and combined training on speed level among men trainee sub inspectors of Andhra Pradesh. The researcher selected sixty four men trainee sub-inspectors from beachpally, Andhra Pradesh. Their age ranged from 21 to 25 years. The subject chosen for the study divided into four equal groups and designated fartlek training group (FTG), physical exercise group (PEG) and fartlek training

with physical exercise programme (FTPEG) and control group (CG). Experimental groups underwent for twelve weeks of training program on alternative days. The data were collected by questionnaire.

RESULT AND DISCUSSIONS

The analysis of data on speed has been examined by analysis of covariance (ANCOVA). The level of significant was fixed at 0.05 levels. Where ever the 'F' ratio found significant Scheffe's post hoc test was used for find out the significant differences among the adjusted paired mean.

Table-I Analysis of covariance of pre-test, post-test and adjusted post-test on speed of experimental groups and control group

Table- I

COMPUTATION OF ANALYSIS OF COVARIANCE OF PRE, POST AND ADJUSTED POST TEST ON SPEED OF EXPERIMENTAL AND CONTROL GROUPS

(Scores in Seconds)

Test	Physical Exercise Training Group	Fartlek Training Group	Combined Training Group	Control Group	Source of variance	Sum of squares	df	Mean Squares	Obtained F values
Pre test	7.28	7.41	7.33	7.40	between	0.17	3	0.06	1.09
					within	3.19	60	0.05	
Post test	7.06	7.22	6.94	7.37	between	1.66	3	0.55	12.94*
					within	3.77	60	0.06	
Adjusted	7.13	7.17	6.97	7.33	between	1.06	3	0.35	14.37*
					within	1.26	59	0.02	
Mean gain	0.22	0.19	0.39	0.03					

The table value required for significance at 0.05 level of confidence of freedom 3, 60 and 3, 59 was 2.76.

The table-1 shows that there is significant difference in speed among the four groups such as fartlek training group(FTG). Physical exercise group (PEG) and fartlek training and physical exercise group (FTPEG) and control group(CG). Since the calculated 'F' value required being significant at 0.05 levels for 3.60 and 3.59 degree of freedom is 2.76, but the calculate values for speed of adjusted post-test 'F' value is 14.37. This was higher than tabulated value. Since the obtain 'F' ratio is found significant, Scheffe's test is used as post hoc test.

Table-II

Scheffe's post hoc test for the differences between paired means of experimental and control groups on speed

(Scores in seconds)

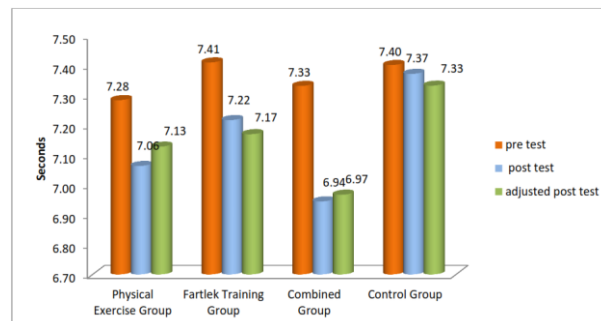
Physical Exercise Training Group	Fartlek Training Group	Combined Training Group	Control Group	Mean Difference	CD at 5% level
7.13	7.17			0.04	0.15
7.13		6.97		0.16	
7.13			7.33	0.20*	
	7.17	6.97		0.20	
			7.33	0.16	
		6.97	7.33	0.37*	

Significant at 0.05 level of confidence

The table-II reveals that there is significant difference among pair adjusted post-test means between FTG and CG, PEG and CG and FTPEG and CG. The result of the study clearly showed that there is significant improvement in speed due to the influence of FTG,PEG and FTPEG when compared with control group.

BAR DIAGRAM SHOWING THE PRE, POST AND ADJUSTED POST TEST MEAN VALUES ON SPEED OF EXPERIMENTAL AND CONTROL GROUPS

(Seconds)



DISCUSSION ON HYPOTHESIS

- The first hypothesis says that there will be a significant improvement in speed after twelve weeks of Physical exercise group, Fartlek training group and FTPEG as compared with control group. The result of the study shows that there was significant improvement in speed after twelve weeks of Physical exercise group, Fartlek training group and FTPEG as compared with control group. Hence the research hypothesis accepted at 5% level of significance.
- The second hypothesis says that fartlek training with physical exercise programme (FTPEG) will be significantly better than physical exercise group (PEG) and fartlek

training group (FTG) as compared with control group. The result of the study shows that FTPEG is better than PEG and FTG. Hence the research hypothesis has been accepted.

CONCLUSION

1. Speed level significantly improved by three experimental groups when compared with control group.
2. Further it was concluded that there is significant differences exists between physical exercise group fartlek training group and combined training group [fartlek training with physical exercise group] among three experimental groups when compared with control group.

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