

The effect of weight training on the physical performance of Boxers at junior level of Kaithal District (Haryana, India)

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Abstract:

The main purpose of the study is to know the effects of weight training programme on the physical performance of boxers at junior level of Kaithal district. For the purpose of the study 10 selected exercises of weight training along with warming up and cooling down exercises schedule of one hour's and one and half an hour in both morning and evening session were used. The investigator himself with the help of his colleagues implemented training schedule for 10 weeks to experiment group consisting of 20 boxers. The training designed in such a way that physical fitness required for the boxing situations, ranging from technical and tactical requirement for the boxers. To develop physical fitness, the training of physical parameters like strength, power and endurance spread over a number of years. But due to various constraints and restrain on the investigator, the training of weight was confined to 10 weeks only. The data was collected of we and post test of the boxers appeared in the physical fitness components test given in the preceding paras.

Boxer whatever their weight categories are, they need physical efficiency and fitness elements as they have to fight against the odds in the boxing ring. They are to contribute physically for complete coordination among themselves. The boxers get no respite in the course of bout when fighting or dazing boxing in the ring. Boxers requires great stamina, speed, endurance, flexibility and agility with greater amount of strength and power and to meet the demand, it has to be cultivated through proper exercises not only during preparatory phases or stages but one's long boxing career. In addition with relaxation and optimum workload through weight during competition period, one has to maintain vigor and stamina and speed. Which is a matter of training while strength can be earned through light weight exercises and squats with weight and with carrying of dumbbells etc.

Introduction:

Weight training refers to an interest in physical fitness k improvement in strength for a particular sport. The end result for a weight lifter is lifting maximum poundage, using the lift weight in order to increase strength so that he may lift heavier weights, whereas the weight trainer may have any one of a number of objectives. The best way to improve strength for sports performance is by lifting weights strength, endurance, flexibility and power are factors of great importance in any sports event. All can be improved through a sound weight training programme.

Boxer/ Boxing:

Boxer referred as players who participated in boxing, which is called the manly art of self-defense is a sport in which two competitors try to hit each other with their gloves — encased fists, while trying to avoid each other's blows. The competition is divided into a specified number of rounds, usually 3 minutes long with 1 minute rest period between rounds. Although amateur boxing is widespread profession boxing has flourished on even greater scale since the early 18th century.

Junior Level:

It is a level of boxing competition where boxers are running their age in the group of 14 to 19 years. They are not senior but attain the age of adolescent and to compete in that particular age group.

Selection of the Subjects:

For this study, 40 male subjects have been selected from Sunshine Public School (residential) and R. K.S.D. Public School (residential) from Kaithal city. These subjects are those students who have participated in boxing competition and wish to play boxing. The selection has been done purely in terms of purposive samples. All those subjects belonging to 13+ to 16+ years of age studying in 9th to 12th classes in these two public schools which are having common wall and adjoining to each other's.

Selection of Variables:

On the basis of the nature and requirement of the event or sports activities, the different elements of physical fitness with special emphasis on power and strength along with speed has been chosen for the study. The following physical fitness components has been taken for the present study:

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|-------|-----------|---------------------|
| (i) | Speed | Through 100 mt. run |
| (ii) | Strength | Standing broad jump |
| (iii) | Power | Standing shotput |
| (iv) | Endurance | 800 mt. run |

Weight training Exercises:

There are many exercises that can be performed with or without weights, with hundreds of variation for each exercises. It would be both impractical and impossible to discuss more than a basic list in this section.

In selecting exercises following points to be kept in mind.

- (i) Does the exercise properly overload the muscles with which we are concerned
- (ii) Is the exercise easy to explain and simple and safe to execute?

Testing Personnel:

One trained assistant was taken to supervise the mark of the throw and score was taken. Student assistance was used to return the shot.

Method of Administration of the Training Programme:

For the purpose of the study, total subjects were divided into two groups and were known as:

(A) Control group

(B) Experimental groups.

The coaching and training programme was prepared by the investigator himself with the consultation of boxing coach posted at Kaithal and the supervisor. The training programme was given for 10 weeks from 1st May to 20 July. Both the groups have practiced boxing skills along with weight training programme for experiment groups and general physical conditioning programme for control group. The training and coaching programme was personally supervised by the investigator with the help of other colleague of physical education and coaches working at stadium, who also acted strictly according to the instruction of the investigator. The training programme was given in the morning and evening in two session with the

following timings: Morning 5.45 a.m. to 6.45 a.m. - 35 minutes warming and conditioning programme along with weight training 3 days in a week.

Objective:

The main objective of this study was to find out the effect of weight training on the physical performance of boxer. For this a training schedule of selected weight training was drawn and given to the subjects. The aim was to increase the capabilities of the boxer and they can be able to do boxing with efficiency and should be able to overcome resistance during boxing. The physical abilities components like strength, power endurance etc. requires with a certain length of time, especially when you are providing weight training, and due to various constraints and restraint, the investigator confined his training on boxers during the experimentation only for 10 weeks period, splitting them into two session of one hours and one half hours only. After the 10 weeks duration, performance was noted down of the students through pre-test and post-test to find out the effect of weight training on various physical fitness components. To judge the effect of specific weight training, the performance in both the tests were noted in terms of time taken and distance covered by the subjects of both the groups, i.e. experimental and control groups.

To compare the Speed of Movement of Boxer through 100 mt. run in Pre and post-test performance between the two Groups of Boxers

Tests	Control Group			Experimental Group		
	Mean	SD	't' value	Mean	SD	't' value
Pre-test	14.527	.615	2.78*	14.390	.575	3.365**
Post-test	14.055	.595		14.055	.576	

Significant at < .01 level

To compare the endurance between the Pre Test and Post-tests through 800 mt. among the boxers attending 10 weeks programme.

Tests	Control Group			Experimental Group		
	Mean	SD	't' value	Mean	SD	't' value
Pre-test	6.590	.319	2.5004	6.487	.295	5.4216
Post-test	6.330	.260		6.032	.163	

Significant at 0.1 level

Mean scores of strength through standing shot-put for pre-test

(Comparison of post-test for both groups)

Tests	Control Group			Experimental Group		
	Mean	SD	't' value	Mean	SD	't' value
Pre-test	6.932	.479	2.6455	6.940	.567	4.4232**
Post-test	7.242	.434		7.440	.420	

Significant at 0.1 level

Mean scores of power through standing board jump

(Comparison of pre and post-test)

Tests	Control Group			Experimental Group		
	Mean	SD	't' value	Mean	SD	't' value
Pre-test	9.350	.286	2.78	9.590	.242	7.298
Post-test	9.625	.235		9.785	1.30	

Significant at 0.1 level

Conclusion:

The improvement in the physical performance of both the groups were found to be significantly important at pre and post-test reflecting the effect of weight training on the performance was made means that if the exercise have been given for the longer period of time, may have a greater effect. Control group of boxers who were performing the boxing schedule, though they have improved but comparatively small as compared to experiment group.

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