

EFFECT OF LOW AND HIGH INTENSITY STRENGTH TRAINING ON SPEED AND EXPLOSIVE POWER AMONG MEN VOLLEYBALL PLAYERS

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ABSTRACT

The purpose of the study was to find out the effect of low and high intensity strength training on speed and explosive power among men volley ball players. To archive this purpose of the study forty five college men Volley ball players from Alagappa University College of Physical Education, Karaikudi, were randomly selected as subjects. The age of the subjects ranged between 21 to 28 years. The selected subjects were divided into three equal groups of fifteen subjects each. The experimental group 1(n=15) underwent Low intensity strength training, the experimental group 2 (n = 15) underwent high intensity strength training and control group 3 (n= 15) did not participate in any special training programme apart from their regular activities. All the subjects of three groups were tested on selected dependent variables speed and explosive power by using 50mts run and standing broad jump tests respectively. Data for the selected variables were taken at the beginning (pre-test) and at the end of the experimental period (post-test). The Analysis of covariance (ANCOVA) was used for interpreting the results. On the basis of the results the impact of Low and High intensity strength training has significantly contributed to improvement of the selected variables speed and explosive power. Significant improvements on selected criterion variables were also noticed due to Low and High intensity strength training.

KEYWORDS: Strength Training, Speed, Explosive Power, College Men