A STUDY ON EFFECT OF 12 WEEK PLYOMETRIC TRAINING AND RECOVERY ON VERTICAL JUMP AMONG HIGHER SECONDARY SCHOOL CHILDREN BETWEEN AGES 16 TO 18 YEAR OLD.

Dr. Sosamma John Dr Mathew P John Assistant Professor Associate Professor Catholicate College, St. Thomas College Pathanamthitta Kozhencherry

ABSTRACT

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| The purpose of the study was to find out the effect of 12 week Plyometric training and Recovery training on leg explosiveness among Higher secondary school children. Plyometric exercises are an effective way to develop speed and strength which is especially helpful for sports. These exercises exert a maximum force to muscles with the goal of increasing power. Performing plyometric exercises in one to three times a week can increase vertical jump and improve speed and strength. It makes athletes to undergo more plyometric training and can directly translate to better performance on the field. Four to seven week plyometric programmes are effective for improving vertical jump, height, vertical jump power and anaerobic power, when it is followed by a proper recovery period. This study examined the effect of 12 weeks of plyometric training and plyometric training and recovery among Higher secondary school children. It was formulated as parallel group design, consists of two experimental groups and one controlled group. To the randomly selected sixty subjects an initial test on vertical jump power was administered. Based on the data the groups were equated in to three groups and group I represented the control, plyometric exercise training for twelve weeks assigned to group II. Plyometric and recovery training was administered to group III on the criterion measure. The vertical jump performance was analysed by the application of one way analysis of variance (ANOVA). It is evident from the study that the motor fitness variable - vertical jump has significant change in the plyometric and recovery training. |

**INTRODUCTION**

Sports consist of a physical activity or skill carried out with a recreational purpose; for competition, for self- employment, to attain excellence, for the development of a skill or combination of these. Sports have physical activity side by side competition, and a scoring system. The difference of purpose is what characterises sports, combined with the notion of individual or team skill or prowess. Throughout the history of mankind it has been known that the body must be challenged on a regular basis, if it is to improve in the ability to tolerate exercise or sustain a given level of conditioning. The concept of training is not new; it has a history that began prior to any scientific evaluation of the benefit of one method of training over another. Earlier the athletes and coaches simply used procedures that seemed to give results, which opened a path towards the improvement in scientific investigations of sports and athletes that exists today. We know how to train optimally for specific objectives, to recognize whether there is a need for more or less training and physiological and cellular adaptations that contribute to the trained state. Training is a very specific concept that applies not only to the given conditions, but also to the given individuals. An individual, who exercises to improve recovery from a second heart attack, trains differently than an Olympic- level Athlete. Similarly an athlete trains differently than a dancer, no matter what the level of competition may be.

The word plyometric is derived from a Greek word “Pleythyein” means to “increase”. Plyometric refers to exercises that enable a muscle to reach maximal strength in as short time as possible by eliciting the stretch – shorten cycle of a muscle fibre. This sequence of events begins by having the muscle stretch and therefore it store elastic energy prior to firing. How harder and faster that the pre-stretch phases of muscle contraction and therefore a more powerful movement take place. Plyometric exercises are a vital component in aiding an athlete’s maximal speed and should be included in any conditioning programme for jumpers and sprinters.

In plyometric training, it enhances the tolerance of the muscle for increased stretch loads. This increased tolerance develops efficiency in the stretch shortening cycle of muscle action. During the stretching, also known as the eccentric lengthening phase of muscle action, a greater amount of elastic energy is stored in the muscle. This elastic energy is then reused in the following concentric action to make it stronger. Plyometric training exercises are now being used in almost every sport which require power, speed or strength such as football, basket ball, weight lifting, soccer, baseball, softball, volleyball etc both professionally and at amateur levels. Even though Plyometric have a primary role in sports training it is also very widely used in many rehabilitation programmes.

Plyometric exercises are the rapid declaration and acceleration of muscles that create a stretch- shortening cycle. The exercises train the muscles, connective tissue and nervous system to effectively carryout the stretch- shortening cycle, thereby improving an athlete’s performance. Plyometric drills can be a fundamental part of training for each and every event in sports. Most competitive sports require a rapid declaration of the body followed by almost acceleration in the opposite direction. Plyometric drills help to develop rhythm, speed, power and even muscular endurance. It must be used correctly and for a specific purpose, can be a tremendous asset to the individual athlete as well as to the general and specific conditioning of entire sports programme.

Plyometric are those exercise that produce an overload of isometric type of muscle action which involve the strength reflex in muscles. Recovery is the duration between sets, which can be either active or passive. Extremely high loads cannot be tackled for long by sportsmen unless the recovery processes are supported and accelerated by some means. By doing recovery means, appropriately fitted in the daily routine of the sportsmen. The total period can be considerably shortened.

Significance of the study

1. It is a guide line for students to improve efficiency in their play.
2. This study may be useful for physical educationists and coaches to decide the training load during the taping period.
3. This study would help the physical educators to conduct further research in this area.
4. Based on the result of the study suitable exercise programme could be designed and implemented for the benefit of the students.

METHODOLOGY

Sixty students studying in eleventh and twelfth standard with the age of 16 to 18 year old, of Catholicate Higher Secondary School, Pathanamthitta, Kerala belongs to different sports were selected randomly as subject for the study. All sixty subjects were divided randomly in three groups namely Group I served as controlled group, the second and the third Group underwent experiment. The twelve week of Plyometric exercise training was assigned to Group II and Plyometric exercise and recovery training was administered to Group III. The control group was totally free to attend the daily exercise programme and were kept away from doing experimental treatment. All the training programmes were scheduled for 6 days per week for a period of 12 weeks. To determine the effect of Plyometric training, plyometric and recovery training on vertical jump

In order to measure the explosive power, a vertical Jump Power test was conducted. The test was administered by using chalk powder or chalk at a smooth wall with adequate ceiling height, on the wall the measurement lines were marked at a distance of two centimetres with a coloured marking pen. The measurement started at a height of 180 cm, and then every two cm one horizontal line was marked for one metre width. Initially the standing reach height was marked on the wall. Then the subject was asked to make a vertical jump with maximum reach as possible and mark on the wall. The scoring was made on the basis of the difference number of centimetres between the initial height and the vertical height marked on the wall. Three trials were given with sufficient interval. Among the three trials the best jump distance was recorded to the nearest centimetres. All the subjects were tested on the criterion variables prior to and immediately after the training period. Plyometric exercise training was conducted in the evening session for one hour duration and the plyometric and recovery training was given in the evening for one and a half hour duration.

RESULTS AND DISCUSSISONS

The collected data pertaining to vertical jump of three groups Viz; Control group, plyometric group and plyometric and recovery group were tested using ANOVA. Whenever ‘F’- ratio was found to be Significant, the Scheffer’s test was applied as to determine the mean differences between any two groups. The level of significance was fixed at 0.5 level of confidence for all the cases.

TABLE – 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Groups | INITIAL | | FINAL | |
| Mean | S.D | Mean | S.D |
| Control | 54.75 | 7.39 | 54.7 | 7.39 |
| Plyometric | 54.15 | 7.35 | 60.2 | 7.75 |
| Plyometric and Recovery | 53.8 | 7.33 | 63.75 | 7.98 |

MEAN AND STANDARD DEVIATION FOR INITIAL AND FINAL TEST SCORE OF VERTICAL JUMP

The mean and Standard Deviation values for initial and final test scores of vertical jump on controlled group, Plyometric training group and Plyometric training and Recovery group were analysed and presented in Table 1.

TABLE – 2

RESULT OF ONEWAY ANOVA BETWEEN CONTROL GROUP, PLYOMETRIC GROUP AND PLYOMETRIC AND RECOVERY WITH RESPECT TO THE VERTICAL JUMP

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Source at Variance | dt | Ssx | Ssy | MSX (Vx) | MSY (Vy) |
| Between means (k-l) | 2 | 9.23 | 831.7 | 4.615 | 415.85 |
| Within groups (N-K) | 57 | 3013.5 | 1855.15 | 52.86 | 32.54 |
| total | 59 | 3022.73 | 2686.55 |  |  |

F value of INITIAL SCORES [Fx] = .087 (Not significant)

F value of FINAL SCORES [Fy] = 12.77 (Significant at 1%)

Table value of 5% Level – 3.18 1% 5.06

From the table 2 the one way ANOVA of both initial and final scores of vertical jump power shows that “F” value of .087 for initial and final test among the three groups were insignificant, indicating the random sampling was successful, and value of 12.77 for final test among control plyometric and plyometric and recovery groups were significant at 0.01 level of confidence.

TABLE – 3

SCHEFEE’S POST HOC TEST FOR MEAN DIFFERENCE BETWEEN GROUPS FOR VERTICAL JUMP

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mean Value | | | Mean difference | L.S |
| Plyometric and Recovery | Plyometric | Control |
| 63.75 | 60.2 |  | 3.55 | N.S |
| 63.75 |  | 54.7 | 9.05 | 0.01 |
|  | 60.2 | 54.7 | 5.5 | N.S |

CI. Value at 0.05% 16.38 1% -20.695

FINDINGS

All subjects of the plyometric and plyometric and recovery group were underwent regular training programme, and subjects of the control group were free from the training programme. It is evident from the table that the vertical jump power has significant changes in plyometric and recovery training group when compared to the group with only plyometric training. Control group does not show any changes. From the findings we will come to know that the plyometric and recovery group shows better performance when compared to other groups.

CONCLUTIONS

Plyometric is a popular training technique used by many coaches today. It has been touted as a way to bridge the gap between sheer strength and power. Plyometric exercises develop fast twitch muscle fibers. It is based on the understanding that concentric (shortening) muscle contraction is much stronger if it is immediately follows an eccentric (long throwing) contraction of the same muscle. It concludes that the participation in twelve weeks of plyometric and recovery training results in the improvement of vertical jump.

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