

EFFECT OF PARCOURSE TRAINING ON STRENGTH ENDURANCE

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Abstract:

The purpose of the study was to find out the effect of parcourse training on strength endurance. To achieve this purpose of the study, thirty men students studying in the Pachaiyappa's College for Men, Kanchipuram, Tamil Nadu, India were selected as subjects and they were divided into two equal groups of fifteen subjects each, such as parcourse training group and control group. The Group I underwent parcourse training programme for three days per week for twelve weeks and Group II acted as control which did not participate in any special training programme apart from the regular physical education activities as per the curriculum. The following criterion variable namely strength endurance was selected as criterion variables. And tested by using bend knee sit ups. All the subjects of two groups were tested on selected dependent variable at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any, between the groups. The .05 level of confidence was fixed to find out the level of significance which was considered as an appropriate. The results of the study revealed that there was a significant difference between parcourse training group and control group on strength endurance. And also the results of the study showed that there was a significant improvement on strength endurance due to parcourse training.

Key Words: Parcourse Training, Strength Endurance, Ancova

Introduction:

Training is a systematic process of repetitive progressive exercise of work involving learning and acclimatization. Training is the net summation of adaptations induced by regular exercise. Students on the exercises with reference to fitness state that it enables the tolerate more effectively, subsequently stresses of similar nature. The process of stressing the sportsman and his adaptation to these stress is called sports training and it is the mean by which sports performance is improved. "Parcourse is a training technique that combines continuous training with exercises done at stations along the course" It may be defined as ability of a muscle or muscle group to perform repeated contractions against a resistance to sustain contraction for an extended period of time with less discomfort and more rapid recovery.

Methodology:

The purpose of the study was to find out the effect of parcourse training on strength endurance. To achieve this purpose of the study, thirty men students studying in the Pachaiyappa's College for Men, Kanchipuram, Tamil Nadu, India were selected as subjects and they were divided into two equal groups of fifteen subjects each, such as parcourse training group and control group. The Group I underwent parcourse training programme for three days per week for twelve weeks and Group II acted as control which did not participate in any special training programme apart from the regular physical education activities as per the curriculum. The following criterion variable namely strength endurance was selected as criterion variables. And tested by using bend knee sit ups. All the subjects of two groups were tested on selected dependent variable at prior to and immediately after the training programme. The analysis of covariance (ANCOVA) was used to analyze the significant difference, if any, between the groups. The .05 level of confidence was fixed to find out the level of significance which was considered as an appropriate.

Strength Endurance:

The analysis of covariance on strength endurance of pre and post tests for parcourse training group and control group was presented in table 1.

Table 1: Analysis of Covariance of the Data on Strength Endurance of Pre and Post Tests Scores of Parcourse Training Group and Control Group

Test	Parcourse Training Group	Control Group	Source of Variance	Sum of variance	df	Mean Squares	Obtained “F” Ratio
Pre Test							
Mean	33.49	33.51	Between	3.33	1	3.33	2.34
S.D.	1.92	1.89	Within	39.87	28	1.424	
Post Test							
Mean	39.21	33.63	Between	13.33	1	13.33	8.208*
S.D.	1.72	1.88	Within	45.47	28	1.624	
Adjusted Post Test							
Mean	39.11	33.62	Between	27.41	1	27.41	109.64*

			Within	6.79	27	0.25	
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* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 1 and 28, 1 and 27 were 4.20 and 4.215 respectively)

Table 1 shows that the adjusted post-test means on strength endurance of parcourse training group and control group are 39.11 and 33.62 respectively. The obtained "F" ratio of 109.64 for adjusted post-test mean is greater than the table value of 4.215 for df 1 and 27 required for significance at .05 level of confidence on strength endurance.

The results of the study showed that there was a significant difference between the adjusted post test mean of parcourse training group and control group on strength endurance.

Conclusions:

- The results of the study showed that there was a significant difference between parcourse training group and control group on strength endurance.
- It was also found that there was a significant improvement on strength endurance due to parcourse training.

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