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IMPACT OF VARIED MODALITIES WITH SKILL TRAINING ON PUNCH AND HOOK SKILLS OF NOVICE BOXERS

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ABSTRACT

To achieve the purpose of the present study thirty subjects as novice boxers were be selected from Ramakrishna Mission Vivekananda educational and research institute, faculty of general and adapted physical education & yoga, Coimbatore, Tamil Nadu. Their age ranged from 18 to 25 years. The subjects are equally divided in two groups, they will be assigned in to varied modalities training group-I(VMTG) with fifteen players who were given aerobic, strength, interval and skill training for eight weeks, 5 days a week and group-II (n-15)(CG) acted as control group The experimental group was tested on punch and hook assessed with qualified judges. The pre and post test data were collected and treated with Correlated 't' test. The level of confidence was fixed at 0.05. The results of the study showed that the varied modalities training was better improvement on punch and hook skill variables of experimental group and control group did not improve selected any criterion variables of novice boxers..

Key words: Modality Training, Novice Boxers, Skill variables

INTRODUCTION

Aerobic exercise refers to exercise that involves or improves oxygen consumption by the body. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process According to **Cooper (1969)** aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength and cardio – vascular fitness)

The major benefits of aerobic trainings are stronger and more efficiently operating heart and lungs, more energy, physical flexibility, conditioned muscles, proper use of fats and effective burning of calories. The increased oxygen flow gained through aerobics re-energizes by giving more energy and a "re awakening" of the senses. In other words, as the heart pumps more blood with fewer beats the body systems allowing the subject to take in more oxygen. When everything is operating smoothly, the body can efficiently transport and utilize oxygen with no obstructions; the nucleus of this whole system is the heart.

Interval training that allows appropriate metabolic systems to be stressed is interval training. Interval training is based on the concept of more work which can be performed at higher exercise intensities with the same or less fatigue compared to continuous training. The theoretical metabolic profile for exercise and rest intervals stressing aerobic metabolism, fast glycolysis, and the phosphagen system is based on the knowledge of which energy system predominates during exercise and time of substrate recovery **MacInnis, 2016)**.

Weight training, sprint training, and other forms of anaerobic training can increase storage of phosphagens and glycogen, enhance the myokinase reaction and generally enhance anaerobic metabolism especially considering the faster hypertrophy rates of fast-twitch fibers. Stair running is a great, high-intensity workout that helps to build speed, power and cardiovascular fitness. Stair running is also a great addition to any agility training program because it builds quickness and foot speed while getting an excellent sprint workout **(Keogh, Justin 2017)**.

Ho. It is hypothesized that no improvement on skill variables of novice boxers due to varied modalities of training.

METHODOLOGY

To achieve the purpose of the present study thirty subjects as novice boxers were be selected from Ramakrishna Mission Vivekananda educational and research institute, faculty of general and adapted physical education & yoga, Coimbatore, Tamil Nadu. Their age ranged from 18 to 25 years. The subjects equally divided in two groups, they will be assigned to varied modalities training group-I(VMTG) with fifteen players who were given aerobic, strength, interval and skill training for eight weeks, 5 days a week and group-II (n-15) (CG) acted as control group The experimental group was tested on skill variables assessed with punch, hook with qualified judges. The pre and post test data were collected and treated with Correlated 't' test. The level of confidence was fixed at 0.05. Training program: Eight weeks of per day one hour includes warm up, specific training and skill practice and cool down.

RESULTS

TABLE-1

COMPUTATION WITH 't' TEST BETWEEN THE PRE AND POST TESTS ON PUNCH OF EXPERIMENTAL AND CONTROL GROUPS

Variable	Group	Test	Mean	S.D	D.M	σ DM	't'	'P' Value
Punch	Experimental	Pre Test	5.2	0.67	2.53	0.27	9.37*	0.000
		Post Test	7.73	0.79				
	Control Group	Pre Test	5.33	1.04	0.40	0.32	1.25	0.233
		Post Test	5.73	0.45				

*Significant Level of significant was fixed at 0.05

It observes from the Table-I that the experimental group's means value for pre test was 5.20 and post test was 7.73. The mean difference for the pre test and post test was 2.53. The standard error of the difference between the mean was 0.27. It revealed that the obtained 't' ratio 9.37. Since the 'P' value is lesser than the 0.05, ($P < 0.05$) it was significant at 0.05. level of confidence. The results of the study indicated that there was a significant improvement in the punch skill due to various modalities with skill training of novice boxers.

It may be seen that the control group's mean value for pre test was 5.33 and post test was 5.73..The mean difference for the pre test and post test was 0.40. The standard error of the difference between the mean was 0.32. It revealed that the obtained 't' ratio 1.25. Since the 'P' value is greater than the 0.05, (P >0.05) it was insignificant at 0.05. level of confidence.

FIGURE-1

BAR DIAGRAM SOWING THE MEAN DIFFERENCES OF PRE AND POST TESTS SCORES ON PUNCH OF EXPERIMENTAL AND CONTROL GROUPS

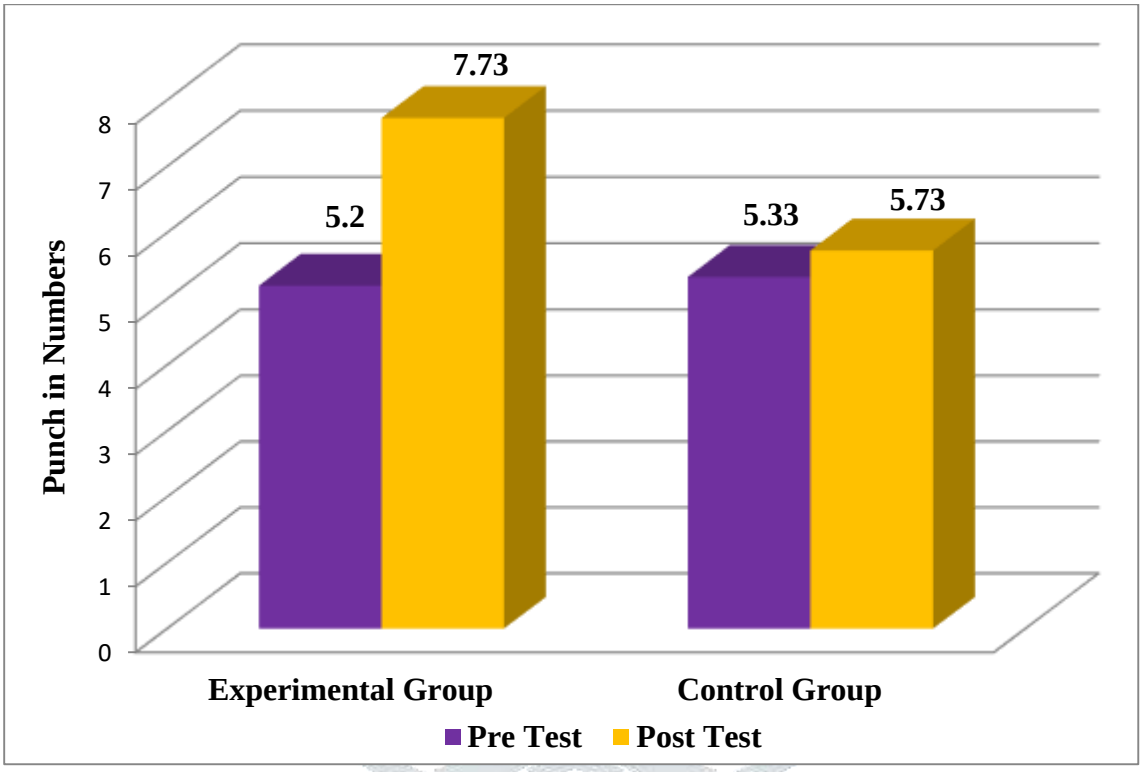

Figure: 1 It clearly indicates that the experimental group compared with control group there is a significant improvement on punch of novice boxers.

TABLE – II

COMPUTATION WITH 't' TEST BETWEEN THE PRE AND POST TESTS ON HOOK OF EXPERIMENTAL AND CONTROL GROUPS

Variable	Group	Test	Mean	S.D	D.M	σ DM	't'	'P' Value
Hook	Experimental	Pre Test	5.53	0.74	2.07	0.30	6.90*	0.000
		Post Test	7.60	0.73				
		Pre Test	5.60	0.82				0.403

	Control Group				0.33	0.38	0.868	
		Post Test	5.93	0.88				

*Significant Level of significant was fixed at 0.05

It observes from the Table-II that the experimental group's means value for pre test was 5.53 and post test was 7.60. The mean difference for the pre test and post test was 2.07. The standard error of the difference between the mean was 0.30. It revealed that the obtained 't' ratio 6.90 Since the 'P' value is lesser than the 0.05, ($P < 0.05$) it was significant at 0.05. level of confidence. The results of the study indicated that there was a significant improvement in the hook skill due to various modalities with skill training of novice boxers.

It may be seen that the control group's mean value for pre test was 5.60 and post test was 5.93. The mean difference for the pre test and post test was 0.33. The standard error of the difference between the mean was 0.38. It revealed that the obtained 't' ratio 0.868. Since the 'P' value is greater than the 0.05, ($P > 0.05$) it was insignificant at 0.05. level of confidence.

FIGURE-2

BAR DIAGRAM SOWING THE MEAN DIFFERENCES OF PRE AND POST TESTS SCORES ON HOOK OF EXPERIMENTAL AND CONTROL GROUPS

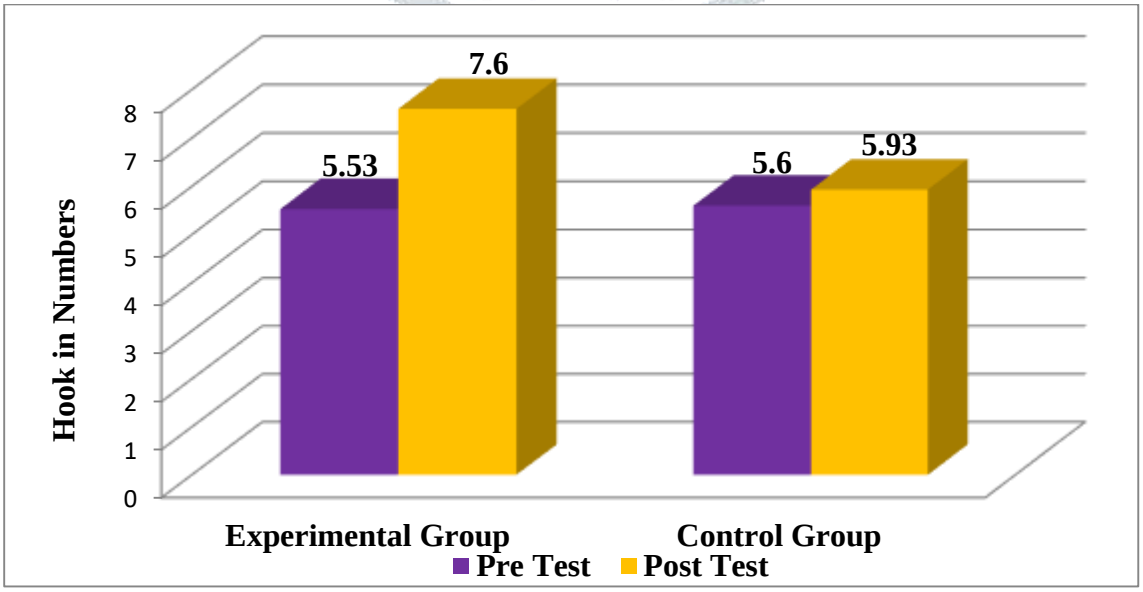

Figure: 2 It clearly indicates that the experimental group compared with control group there is a significant improvement on hook of novice boxers.

DISCUSSION ON FINDINGS

The results of the study indicates that varied modalities training are improved on skill variables of punch and hook of novice boxers. The results of the conformity with other studies also The result of the study is in consonance with the research done by **Sathiyavathi and Indira (2019)**. and **Hristovski et al., (2006)** and **Hemmings et al., (2000). Varied trainings** Effect of continuous training and interval training on selected physical physiological and biochemical variable among college level boxers (**Girinathan, M and Lilly Pushpam, I (2020)** & Manokar (2015) .

Discussion on hypothesis:- Ho. It is hypothesized that no improvement on skill variables of novice boxers due to varied modalities of training. The results of the study reveals that significant improvement of the punch and hook of novice boxers due to varied modalities training. Hence researcher hypothesis not held true. Researcher hypothesis rejected.

CONCLUSIONS

1. It is concluded that experimental group significant improvement of punch and hook on novice boxer due to varied modalities training.

2. It is concluded that control did not show that any significant changes in selected criterion variables.

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