



Influence of Gymstick training on Arm power and Leg explosive power among College men badminton Players

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Abstract

The purpose of the study was to investigate the Influence of Gymstick training on Arm power and Leg explosive power among College men badminton Players. It was hypothesized that there would be significant differences on Arm power and Leg explosive power due to the Influence of Gymstick training among College men badminton players .For the present study was 30 College badminton players. The age of the subjects ranged from 18 to 25 years. The selected subjects were divided into two groups. For the present study pre test and post test random group design,. On a random sampling 30 badminton players were selected. The selected subjects were equally divided into two groups of fifteen each namely experimental group (EG 1) Gymstick training and Control Group (CG) have not underwent any training. Arm power was assessed by Push-ups and Leg explosive power was assessed by Standing broad jump. The data were collected before and after six weeks of training. The data were analyzed by applying t-ratio. The level of significance was set at 0.05 level of confidence. The experimental group showed better improvement on Arm power and Leg explosive power among College men badminton Players than the control group.

Key word: Gymstick Training, Arm power and Leg explosive power, badminton players.

Introduction

Gymstick International has developed year-around fitness equipment and concept which allow the fitness enthusiasts to enjoy a healthy and active lifestyle. The Gymstick concept includes effective forms of exercising with unique products for indoors, outdoors and for water. Gymstick fitness training programmes are particularly motivating for improving the physical condition, controlling the weight and taking care of the personal well-being.

Methodology

This study was designed to deal with the Influence of Gymstick training on Arm power and Leg explosive power among College men badminton Players. The selected 30 subjects were divided into two groups, namely experimental group (1) and control group. Each group consists of 15 players and each subject's were pre tested for their Arm power and Leg explosive power. An intentional programmer of Gymstick training experimental (1) and the control group were not given any experimental treatment. After the experimental period of six weeks, post-tests scores were obtained from all the two groups. The difference between initial and final scores on Gymstick training on Arm power and Leg explosive power considered the influence of Gymstick training on Arm power and Leg explosive power among college men badminton players. Arm power was assessed by Push-Ups and Leg explosive power was assessed by Standing broad jump. The data were analyzed by applying t-ratio. The level of significance was set at 0.05 level of confidence.

Table-1

Analysis of 't'-ratio for the pre and post-test control and Gymstick Training group on Arm Power

Variable	Group	Mean		SD		Sd Error	df	't' ratio
		Pre	Post	Pre	Post			
Arm Power	Control	18.53	18.20	1.73	1.37	0.37	14	0.892
	Gymstick Training	19.13	22.33	1.46	1.11	0.31		10.23*

***Significance at 0.05 level of confidence. * (df 14) *Table Value 2.14**

Figure-1

Bar Diagram Shows the Pre and Post Mean Values of Control and Gymstick Training group on Arm Power

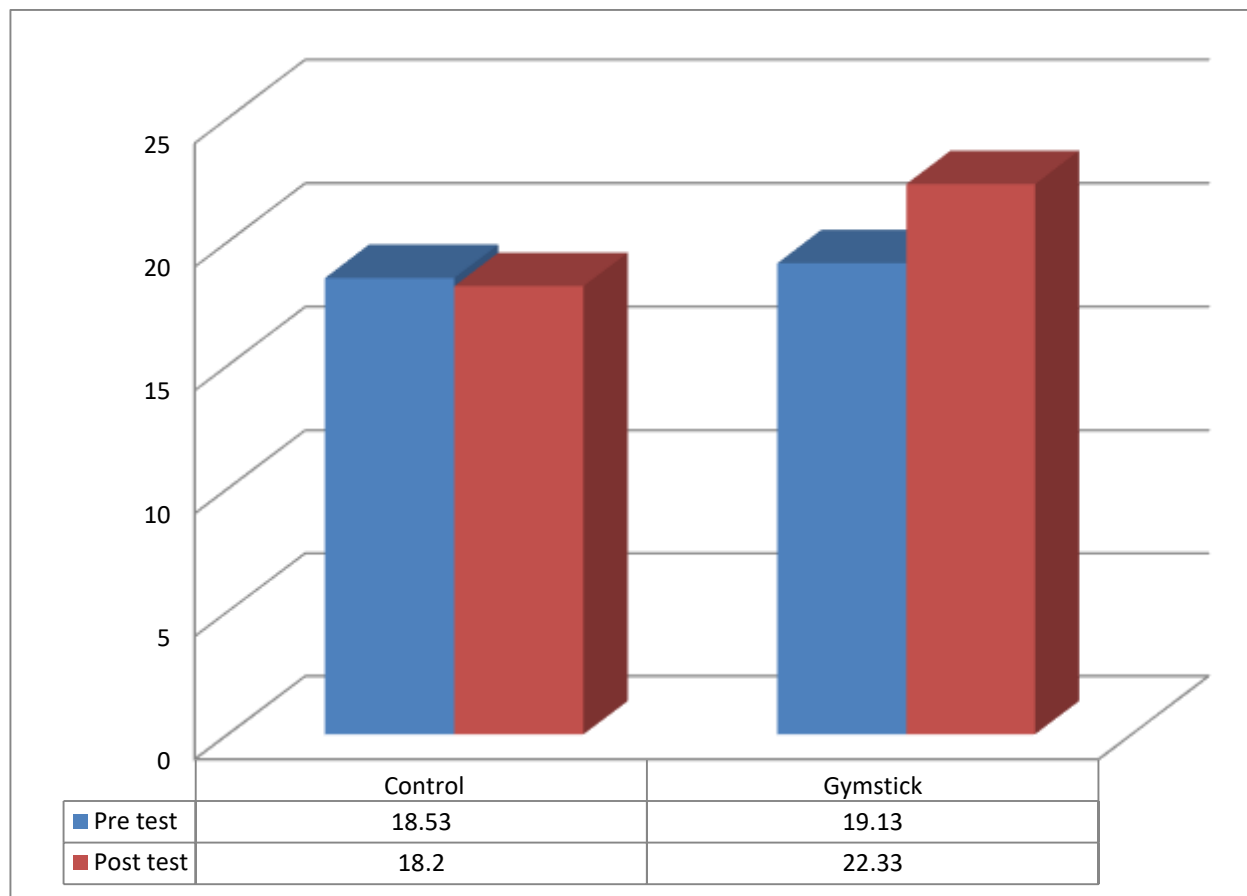


Table-2

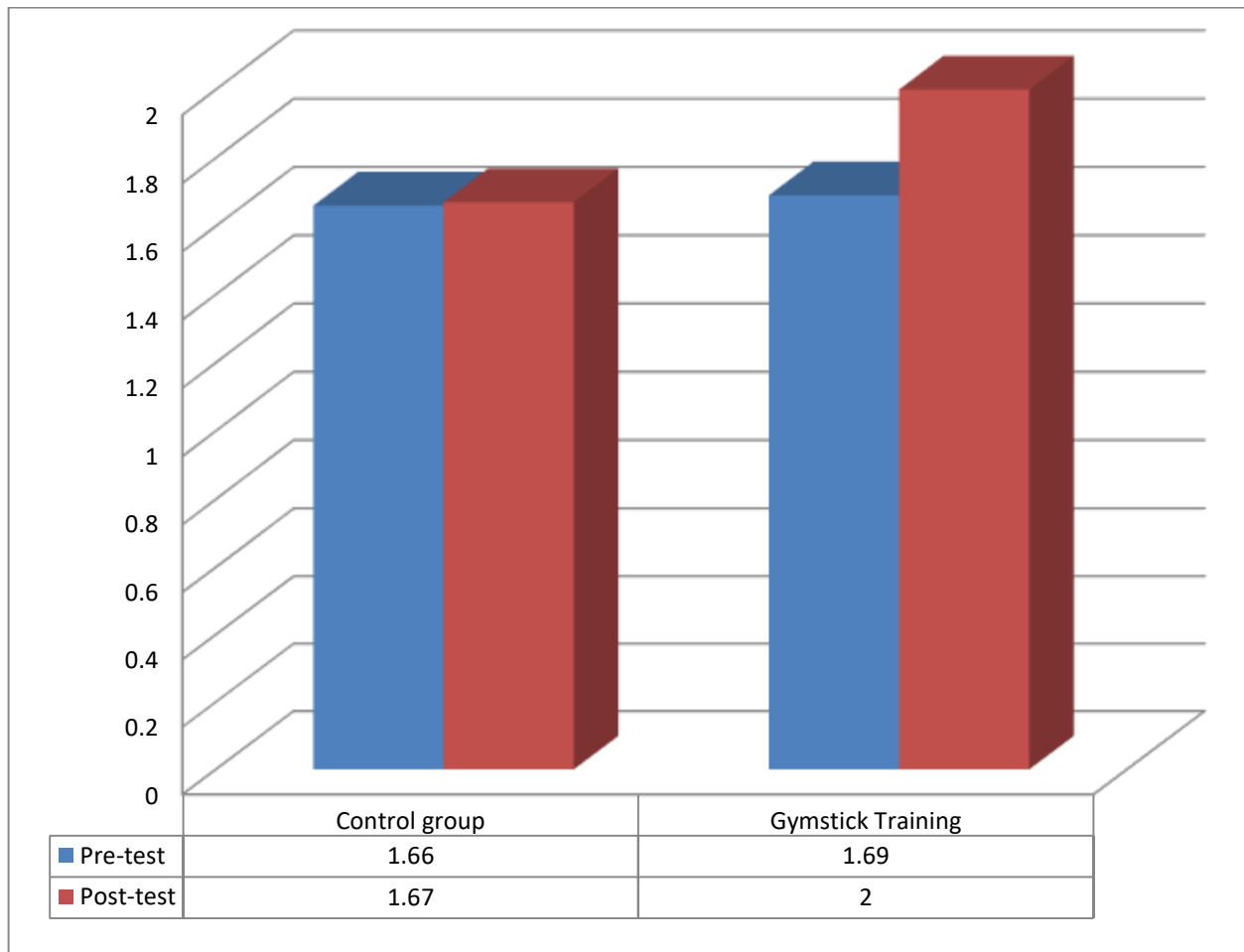
Analysis of ‘t’-ratio for the pre and post-test control and Gymstick Training group on Leg explosive power

Variable	Group	Mean		SD		Sd Error	df	‘t’ ratio
		Pre	Post	Pre	Post			
Arm Power	Control	1.66	1.67	0.18	0.14	0.023	14	0.18
	Gymstick Training	1.69	2.00	0.14	0.16	0.024		12.69*

*Significance at 0.05 level of confidence. * (df 14) *Table Value 2.14

Figure-2

Bar Diagram Shows the Pre and Post Mean Values of Control and Gymstick Training group on Leg explosive power



Conclusion

- The Gymstick training had positive impact on Arm power and Leg explosive power among College men badminton Players.
- The experimental group showed better improvement on Arm power and Leg explosive power among College men badminton players than the control group.

Reference

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