

IMPACT OF RESISTANCE TRAINING, PLYOMETRIC TRAINING AND SAQ TRAINING ON SPEED AMONG UNIVERSITY MEN STUDENTS

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Introduction: Resistance training is any exercise that causes the muscles to contract against an external resistance with the expectation of increases in strength, tone, mass, and/or endurance. Plyometric training or jump training are types of exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength). This training focuses on learning to move from a muscle extension to a contraction in a rapid or explosive manner, such as in specialized repeated jumping. SAQ (speed, agility, quickness) training consists of short, intense drills that involve quick acceleration and deceleration while moving backward, forward or side-to-side. The purpose of the study is to find out the impact of resistance training, plyometric training and SAQ training on speed among University men students.

Method: 36 men students were taken as subjects of the study and they were divided into three groups. Group 1 underwent resistance training, group 2 underwent plyometric training and group 3 underwent SAQ training for a period of six weeks. The frequency of training was four days per week for duration of 110 minutes which included 10 minutes warming up and 10 minutes cooling down. 50 meter run was taken as the test criterion to assess the speed. Pre-test and post-test data were collected for all the three groups and were analyzed statistically.

Results: The pretest post-test scores using analysis of covariance were analyzed statistically. The collected data showed significant differences on all the three groups for the selected variable speed. The adjusted post-test mean for group 1, group 2 and group 3 were 6.56, 6.11 and 6.71 respectively. The mean differences were 0.60, 0.45, and 0.15.

Conclusion: Plyometric training showed more impact than the other two modes of training.

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