



ANALYSIS OF PFI ON CONTINUOUS TRAINING AMONG PHYSICAL EDUCATION TRAINING COLLEGE STUDENTS

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ABSTRACT

Continuous training has becoming more popular in urban cities all over the world due to many popularization of distance running events like marathon, Road race, ten k races which are conducted for the pride of city as well as for the cause of good purpose of city people. Some people practice this continuous training for being fit and to maintain health and to get relaxed from work pressure. Continuous training has got lot of health benefits like increase in RBC, as oxygen supply decrease and stimulates in secretion of erythropoietin from kidney which enhances Erythropoiesis (process of forming RBC). The purpose of the study is to analyze whether the continuous training enhances the physical fitness index capacity of B.PEd students and M.PEd students. For this study the subjects were selected from Bangalore university physical education department totally 60 subjects were selected in that 30 from B.PEd and 30 students from M.PEd. The subjects selected were from different streams of sports, those who have participated in district level, state level, inter-university, and national's level. To find PFI pre-test was conducted on both B.PEd and M.PEd students and after three months post test was conducted on both B.PEd and M.PEd students. The subjects were trained regularly continuous training for 3 months, for a period of minimum twenty minutes and at least four days a week. The intensity of the athlete was not high it was 50%-60% on their resting heart rate. To test PFI metronome equipment was used with 120 beats per min and athlete has to step up 30steps per minute, and a flat form of 20 inches for step up. Conclusion will be drawn in the full paper after the statics tabulation.

INTRODUCTION

continuous training has becoming more popular in urban cities all over the world due to many popularization of distance running events like marathon, road race, 10K races which are



conducted for the pride of city as well as for a good purpose to generate charity. Some people practice this continuous training for being fit and to maintain health. Continuous training has got lot of health benefits like increase in RBC as oxygen supply decrease and stimulates in secretion of erythropoietin from kidney which enhances erythropoiesis (process of forming RBC). Method of continuous training helps in increasing the number and size of mitochondria which directly increases quantity of oxidative enzymes resulting in oxidative potential. Finally recovery of heart rate is very fast.

Many people know about the health benefit of continuous training but most of the college fails to do this in their academics curriculum. Continuous training enables the athlete to improve the work load and helps in recovery period faster.

Continuous training enhances the capacity to adapt training load during the pre-competition season as well as during competition seasons, and also avoids injury and enhances performance of the athlete.

Continuous training enhances the oxygen supply to heart and lungs. Continuous training requires oxygen to working muscles, the amount of oxygen intake during this continuous training and use at that time is called "THE VOLUME OF OXYGEN UPTAKE" (VO₂) max.

PURPOSE OF THE STUDY:

The purpose of the study is to analyze whether the continuous training enhances the physical fitness index capacity of B.Ped students and M.Ped students.

METHODOLOGY:

For this study the subjects were selected from Bangalore university physical education department totally 60 subjects were selected in that 30 from B.Ped and 30 students from M.Ped as a subjects for the study. The subjects selected were from different streams of sports those who have participated in district level, state level, inter-university, and national's level. To find PFI pre-test was conducted on both B.Ped and M.Ped students and after three months post test was conducted on both B.Ped and M.Ped students. The subjects were trained regularly continuous training from past 3 months, for a period of minimum twenty minutes and at least four days a week. The intensity of the athlete was not high it was 50%-60% on their resting heart rate. To test PFI metronome equipment was used with 120 beats per min and athlete has to step up 30 steps per minute, and a platform of 20 inches for step up.

GRAPHS:

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Graph 1.

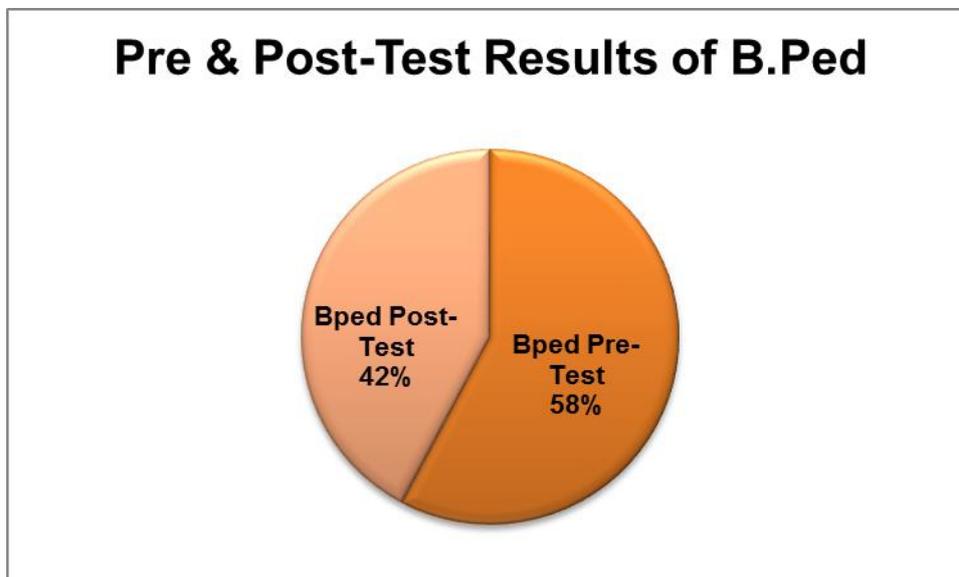


Table 1.

Groups	Test	No.of Subjects	PFI	Percentage
Bped	Pre-Test	30	13594	58%
	Post-Test	30	9946	42%

Graph 2.

Pre & Post-Test Result of M.Ped Students

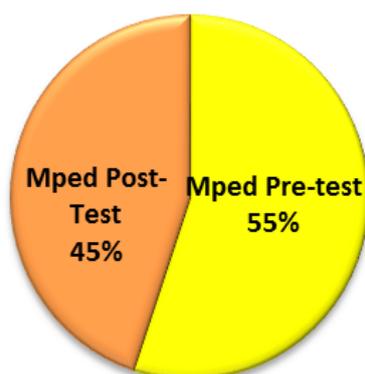


Table 2.

Groups	Test	No.of Subjects	PFI	Percentage
Mped	Pre-Test	30	14180	55%
	Post-Test	30	11561	45%

Graph 3.

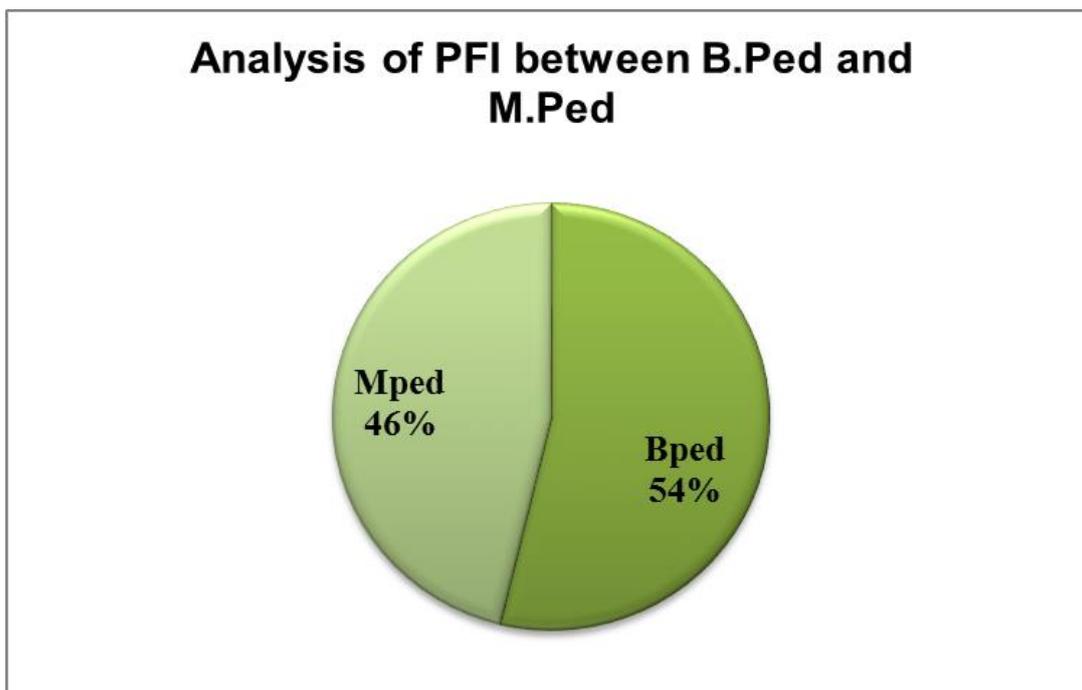


Table 3.

Groups	Test	No.of Subjects	PFI	Percentage
Bped	Pre-Test	30	13594	54%
	Post-Test	30	9946	
Mped	Pre-Test	30	14180	46%
	Post-Test	30	11561	

CONCLUSION:

From the above study it is been concluded that regular continuous training has enhanced PFI of B.PEd students, initially there fitness index was average ie. 68-82 but after continuous training there fitness index has raised to 83-96. Similarly when compare to the fitness index of M.PEd it was 54-67 now it has been improve to 68-82 from the above study both B.PED and M.PED PFI has been improved but there is a high rate of PFI increase in B.PED students.



RECOMENDATIONS:

- Regular continues training should be given to school children's and graduate students because reduces resting heart rate significantly
- Continuous training should be trained at least weekly thrice so that it improves the efficiency of peripheral muscles and stroke volume of an individual
- Continues training should be given to every individual because it enhances the cardio and respirators capacity of an individual.

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