

THE DEVELOPMENT OF STRENGTH AMONG SPORTS PLAYERS THROUGH WEIGHT TRAINING

DR.AMBARESH BIRADAR

ABSTRACT

The weight training is very modern and effective method to develop the strength among the sports players of Gulbarga University, in the present study the investigator tried to know the importance of weight training on the strength among sports players. The study objectives – to measure the strength among the sports players of Gulbarga University, To find out the importance of weight training in the development of strength among the sports players. to know the impact of weight training on the strength of sample group. The research hypothesis – there would be positive influence of weight training on the strength of sports players. There would be increase in the strength after the weight training session. Sample of the study – the study taken 50 male sports players of same age group as sample for the study, all sports players were given the instruction about the strength training and taken all needful steps to conduct the training.

Tools used in the study – the weight training materials, hanging bars and stop watch to measure the strength among sports players. The research study result shown that the weight training has the positive influence on the strength among the sports players.

Key words – Strength, weight training.

INTRODUCTION

Anterior Torso

Compound exercises that activate anterior torso muscles are among the most important weightlifting exercises. Upper body pushing exercises, such as the bench press, work the sternal head of your pectoral muscles, which are the largest anterior torso muscles. Compound exercises pushing, such as the bench press, also activate the clavicular head of the pectorals, the anterior deltoids, triceps and biceps. The bench press is the most important exercise for developing your chest with functional power.

Posterior Torso

Posterior torso exercises help develop your back muscles. Upper body pulling movements are the most important weightlifting exercise for developing the anterior torso. Compound upper body pulling exercises, such as weighted pull ups or bent-over rows, involve shoulder, scapula and elbow joint movements. Pull ups and rows work more than a dozen different posterior torso muscles. Electromyography data published in March 2010 by strength and conditioning specialist, Bret Contreras, suggests that weighted wide-grip pull ups are particularly important for the latissimus dorsi muscle, and dumbbell bent-over rows are ideal for the trapezius.

Lower Anterior Chain

Your primary lower anterior chain muscles include the rectus femoris, vastus lateralis, vastus intermedius and vastus medialis. These four muscles are collectively known as the quadriceps. Compound lower body pushing weightlifting exercises are ideal for training the quadriceps. Lower body pushing movements, such as the squat, involve knee and hip joint movements. Variations of the squat, such as the full squat and parallel squat are the most important weightlifting exercises for your lower anterior chain muscles. Squatting exercises also activate the abdominal muscles.

The Benefits of Weight Training

There is actually a long list of why you should include strength training in your program:

- Not only does strength training **increase your physical work capacity**, it also improves your ability to perform activities of daily living (ADL's). You will be able to work harder and longer with the proper weight training activities.
- **It improves bone density**. One of the best ways you can control bone loss as you age is to add strength training into your workout plan.
- It **promotes fat-free body mass** with decreasing sarcopenia. The lean muscle mass that we all work so hard for decreases with age. If we don't add strength training to our routine then it will turn into fat.
- It **Increases the strength of connective tissue, muscles, and tendons**. This leads to improved motor performance and decreased injury risk.
- **It improves your quality of life** as you gain body confidence. Strength training will not only make you strong, but will also help with managing your weight.

METHOD

The investigator made a specific weight training session for the sample group for three weeks, the training consist daily one hour weight training workout for sample, the strength was measured in pre test and post tests, the collected data was compared of pre and post test data. The investigator found that result of the study. The pull ups used as testing tool to measure the strength in the upper body of the sports players.

OBJECTIVES

- ❖ To measure the strength among the sports players of Gulbarga University,
- ❖ To find out the importance of weight training in the development of strength among the sports players.
- ❖ To know the impact of weight training on the strength of sample group.

HYPOTHESIS

- ❖ There would be positive influence of weight training on the strength of sports players.
- ❖ There would be increase in the strength after the weight training session.

SAMPLE OF THE STUDY

The study taken 50 male sports players of same age group as sample for the study, all sports players were given the instruction about the strength training and taken all needful steps to conduct the training.

TOOLS USED IN THE STUDY

- Weight training materials
- Single bar
- Pull up test

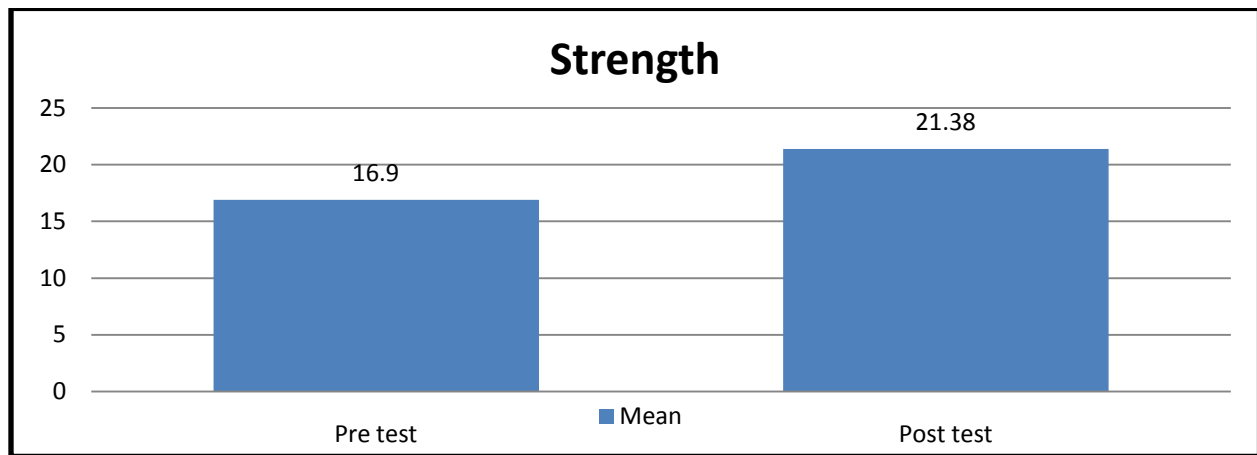
The weight training materials, bauble bars and stop watch to measure the strength among sports players. The research study result shown that the weight training has the positive influence on the strength upper body (shoulder muscles) among the sports players.

DATA ANALYSIS AND INTERPRETATION

The table – 1 showing the mean, SD, t values of strength of sports players in pre & post tests

Strength	N	Mean	SD	T value
Pre-test	50	16.90	3.54	4.862**
Post-test	50	21.38	5.07	

**Significance at 0.01 levels



The table and graphs showing that there is influence of weight training on the strength of the upper body of the sports players, the table indicates the weight training can increase the strength among sports players.

FINDINGS

- ❖ There is significance impact of weight training on the strength of sports players.
- ❖ The weight training can increase the strength capacity of the sports players.

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