



EFFECT OF WARMING UP ON SPEED & STRENGTH OF SCHOOL STUDENTS

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Abstract: The purpose of the study is to analyze effect of warming up on speeds & strength of school students. For this purpose of study 40 students were selected as the subject of study. The data was collected by administrating 50 meter dash test for speed and standing broad jump for strength. The speed and standing broad jump item were administrator consecutively on three days proceeds 20 minutes warm up on first 25 minutes warm up on the second days and 30 minute warm up on third days. The level of significance was set at 0.05 level to check the speed and strength of subject. The one different was ANOVA was applied as a statistical produce. There was no significance difference found between different duration of warming up on speed and strength of school students.

Keywords: Speed, Strength, Warming up

Introduction:

Warming up is a backbone of any exercise & its effect on overall performance of any physical activity or sports. The importance of warming up before exercise also extends to how it affect the bones and joints which are other areas susceptible to injury during a workout or training. By stretching out the muscle you can drain lactic acid ,a fact to slow down and will end the production of hormones such as adrenalines.

Speed is the ability to execute motor activity under given conditions, in minimum possible time. It is a capacity of moving limbs or parts of body with greatest velocity.

Strength is the ability of whole body with greatest velocity. Strength is not only a product of muscle but also of the nervous system which regulate & control muscle contraction.

Methodology :

The objective of study was to analyze the speed and strength after warming up of school students. For this 40 Male students from Bhagwantrao High School, Aheri were randomly selected The age of subject was ranged from is to 17to 20 years. The subject was assigned to single grouped and repeated measure single group design is used to analyze the speed and strength after warming up of school students schedule for warming up was 20 minutes of general were conducted on the subject for analyzing the

speed and strength/leg power. One day rest was given to the subject after that on the third day of week. The warming up duration was increased is 25 minutes warm up was given to the subject. Just after the warm up data of 50 meter dash and broad jump, was collected. The fourth days of week the subject were given rest and on the fifth days of week the duration of warming up exercise was increased again by five minutes i.e 30 min. Again just after 30 Min. up to 50 Yard dash and standing board jump test were administered on the subject for analyzing the shoulder and abdominal strength.

Result and Finding :

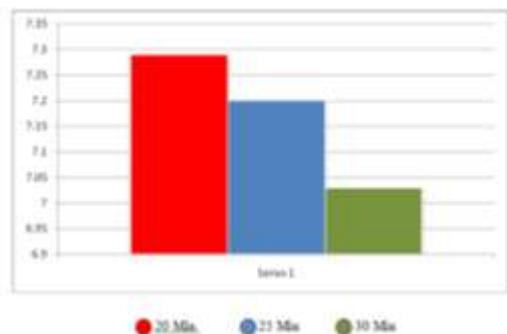
In order to find out speed and strength of warming up of school students. One way analysis of variance on 50 yard dash speed and long jump for strength leg power was applied. The finding of ANOVA were presented in following table.

| Source of Variance | At | Sum of Square | Mean Some of Square | F-ratio |
|--------------------|----|---------------|---------------------|---------|
| Between Group | 2 | 0.681 | 0.341 | |
| Within Group | 57 | 10.387 | 0.181 | 1.869 |

Tab F 0.05 (2.57) = 3.17

Table indicate that the there was no significant different durations of warming up on speed of school students. The graphical represent of the speed performance for different duration warming up is presented below.

The graphical representation of different duration of warming up on speed of school student.



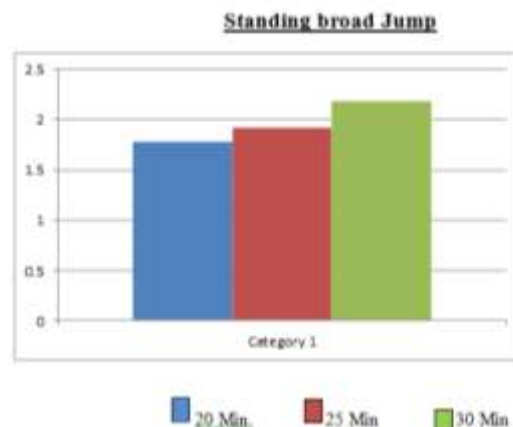
Significance difference between the different duration of warming up mean on explosive strength of school students.

| Source of Variance | At | Sum of Square | Mean Some of Square | F-ratio |
|--------------------|----|---------------|---------------------|---------|
| Between Group | 2 | 10.34 | 5.017 | 0.885 |
| Within Group | 57 | 321.982 | 5.665 | |

Tab F 0.05 (2.57) = 3.17

Table indicate that the calculated value is 0.885 and tabulated value 0.5 level is 3.17. Hence it is indicated that there was no significance different between duration of warming up on strength of school students.

The graphical representation of different duration of warming up on explosive strength of school students.



Conclusion:

The finding of the present study clearly indicated that there was no significant difference found in speed (50 yard dash) and strength (standing jump) of school students after the test was administered consequently for three day proceed after 20 minutes warm up on the first day, 25 minutes warm up on the second day and 30 minute warm up on third day rest. The result found insignificant because mostly young children are very active in their daily activities and they involve themselves in different games with full energy and interest.

References:

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