



EFFECT OF CROSS TRAINING ON PULSE RATE AND BREATH HOLDING CAPACITY OF MALE BASKETBALL PLAYERS

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ABSTRACT- The purpose of the study was to find out the effect of cross training on male basketball players on breath holding capacity and pulse rate, for this study we have to taken 20 players from St. Berchmans College Changanacherry. Their age bunch was gone from 17-25. The chose basis factors were estimated utilizing standard test and strategy. the subjects were isolated into two equivalent gatherings comprising of 10 each subjects. First gathering or the exploratory gathering had gone through the broadly educating and other gathering goes through ordinary Daily practice. Preparing period was planned for about a month and a half almost 6 weeks, 3 meetings each week (Tuesday, Thursday and Saturday) prior to and after the preparation time frame. The subjects were tried both heartbeat rate was surveyed by manual strategy and breath holding limit was done at resting condition. To discover the outcomes the gathered information were measurably investigated by utilizing Expressive measurements and matched example T Test dependent on the outcome acquired from that, it was inferred that broadly educating will fundamentally improve breath holding limit and decrease in the beat pace of male football players at the 0.05 degree of significance.

Keyword: Cross training, Pulse rate, Breath holding capacity.

I. INTRODUCTION

Basketball is a group activities where two groups of 5 players each side .also, it is the one the world quickest game. It need both vigorous and anaerobic in nature. To dominate in the game we need all sort of physical and physiological wellness.

About cross training broadly educating is a truly adaptable approach to work out as you can fuse an extraordinary assortment of activities into your exercise. This is valuable as in addition to the fact that it means it very well may be adjusted to suit everybody, yet additionally that you're more averse to get exhausted of your everyday practice. Thusly, this implies you're bound to stay with it and subsequently, you're bound to arrive at your objectives.

Broadly educating is the preparation strategy that includes a few unique types of activity. While it is principal for a contender to get ready expressly for their game in case they need to overwhelm, for most exercisers comprehensively teaching is a significant planning procedure for keeping an obvious level of overall wellbeing. Broadly educating is a decent technique for molding distinctive muscle gatherings, build up another arrangement of abilities, capacity and lessen the weakness Extensively teaching furthermore allows you the ability to vacillate the pressing factor set on unequivocal muscles or even your cardiovascular structure.

Numerous examinations has shown that with broadly educating there will be an extraordinary enhancement for both physiological and actual factors of ball players. (Baid 1998)

Sports preparing will improve Breath holding limit, beat rate and all physiological factors in great way and will improve player's sleepiness, weariness and they feel looser and improves their better presentation. (Silva 2011)

1.1 Statement of the Problem

The purpose of the study was to find out the Effect of Cross Training on Male Basketball Players on Pulse Rate and Breath holding capacity

1.2 Objectives of the study

1. To assess the effect of Cross Training on Male Basketball Players on Pulse Rate and Breath holding capacity.
2. To find out difference between experimental and control group on selected physiological variables

II. MATERIALS AND METHODS

To accomplish the Motivation behind the examination we have taken twenty players (N=20) from St. Berchmans college Changanacherry in Kottayam. Their age bunch was run between 17-25 years. Physiological factors like pulse rate and Breath holding limit. Subjects similarly partitioned into two gatherings, trial and control group.

2.1 Training Intervention

The test group gone through various sorts of preparing including diverse exercise like kayaking, yoga, swimming, running, cycling, center strength preparing, we have taken these 6 activities which are fascinating for subjects to do with parcel of pleasure day by day. Two hours for exercise from morning 6am to 8am Tuesday, Thursday, Saturday. Tuesday morning one hour yoga practice and one hour center strength preparing, on Thursdays after warm up first meeting start with running and second meeting with cycling and on a day ago of week on Saturday we start with warm up then kayaking for one hour and swimming for 2 km, A similar routine continues week by week for about a month and a half of period .All meeting started with extending activity and force are conveyed down with cool meeting which incorporate extending exercise

2.2 Statistical Techniques

In order to find out the effect of Cross training on male basketball players on pulse rate and breathe holding capacity. The descriptive statistics, paired sample "T" test was used to find out the significance if any all the cases, level of significance was fixed at 0.05 level.

III. RESULT AND DISCUSSIONS

Table I: The mean, standard deviation and 't' values of control and experimental group pulse rate

Groups	Tests	N	Mean	SD	Calculated 't' test value
Control group	Pre test	10	86.7	3.245	1.24
	Post test	10	85.8	2.354	
Experimental group	Pre test	10	87.7	2.233	6.28*
	Post test	10	82.5	1.611	

Table I shows that obtained t value of 6.28* is greater than the required 't' 2.26 (df=9) at 0.05 level of significance. It reveals that there is a significant improvement on pulse rate of male basketball players.

Table II: The mean, standard deviation and 't' values of control and experimental group on breath holding capacity

Groups	Tests	N	Mean	SD	Calculated 't' test value
Control group	Pre test	10	26.33	1.50	1.06
	Post test	10	27.00	2.25	
Experimental group	Pre test	10	26.00	1.00	4.29*
	Post test	10	30.11	1.61	

Table I shows that obtained t value of 4.29* is greater than the required 't' 2.26 (df=9) at 0.05 level of significance. It reveals that there is a significant improvement on breath holding capacity of male basketball players.

3.1 Discussion on Findings

The delayed consequence of the assessment uncovered that all the preliminary pack which went through comprehensively instructing had colossal improvement in decline in beat rate and improvement in breath holding rate among Athletes. During exercise there is an expansion in active work and muscle cells breathe more than they do when the body is very still. The pulse increments during exercise. The rate and profundity of breathing increments - this ensures that more oxygen is consumed into the blood, and more carbon dioxide is eliminated from it. Unmistakably all the active work like yoga, cycling, rock climbing,

running, walking, cycling will improve breath holding limit just as reduction Heartbeat rate. Baid discover that there will be significant impact on subjects after doing controlled exercise for fitness including speed, fitness, cardio respiratory among the subjects. (Baid 1998)

Wilson' (1982) reason for the examination was to decide the impact of a factors opposition circuit weight preparing program upon certain cardio - vascular wellness and body arrangement eight male understudies of Texas A & M College filled in as subjects for the investigation. The subjects were haphazardly allocated to one of the two gatherings, an extreme focus circuit weight preparing bunch. Every one of the subjects were approached to work out on nautilus preparing regimens don't influence oxygen up take and body composition and not prescient cardio vascular preparing measures.

IV. CONCLUSION

1. There is an incredible improvement in the certainty, wellness level and physiological factors among all the test group subjects
2. There was a significant improvement for breath holding capacity and heartbeat rate among the male Basketball players
3. It was discover that six weeks training will unquestionably improve cardio vascular perseverance among men Basketball players

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