

EFFECT OF ROPE SKIPPING DANDS AND BAITHAKS EXERCISES ON SELECTED PHYSICAL FITNESS VARIABLES AMONG KABADDI PLAYERS

R. ARJUNAN

Associate Professor, Department of Physical Education & Health Sciences, Alagappa University, Karaikudi, Tamil Nadu,
India

ABSTRACT

The purpose of the study was to find out the effect of ropes skipping dands and baithaks exercises on selected physical fitness variables among kabaddi players. To achieve this purpose of the study forty five college men kabaddi players from Alagappa University College of Physical Education, Karaikudi, were randomly selected as subjects. The age of the subjects ranged between 21 to 28 years. The selected subjects were divided into three equal groups of fifteen subjects each. The experimental group 1(n=15) underwent Rope skipping dands, the experimental group 2 (n = 15) underwent dands and baithaks exercise training and control group (n= 15) did not participate in any special training programme apart from their regular activities. All the subjects of three groups were tested on selected dependent variables such as agility and flexibility at prior to immediately after the training programme by using shuttle run and sit and reach test respectively. Data for the selected variables were taken at the beginning (pre-test) and at the end of the experimental period (post-test). The Analysis of covariance (ANCOVA) was used for interpreting the results. On the basis of the results the impact of rope skipping dands and baithaks exercise training has significantly contributed to improvement the selected variables such as agility and flexibility.

KEYWORDS: Rope skipping, Dands, Baithaks, Agility, Flexibility