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INFLUENCE OF TRADITIONAL ORGANIC ENERGY FOOD SUPPLEMENT ALONG WITH ANAEROBIC TRAINING ON PHYSICAL FITNESS VARIABLE OF SPORTSMEN

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Abstract

The present study is the influence of traditional organic energy food supplement along with anaerobic training on Physical fitness variable of sportsmen. To achieve the purpose of the study, 60 sportsmen will be selected from Ayya Nadar Janaki Ammal College, Sivakasi falling in the age group of 18 to 25 years will be selected and randomly divide in to three groups. Sportsmen should have been participated in intercollegiate tournament. Random group design will be adopted in this study as the investigator is particular to make a meticulous analysis to find out whether there is any significant improvement in the mean level of the group in selected Anthropometric variable. They divided in to three groups. Experiment group I had taken Anaerobic Training with Traditional Organic Energy Food Supplement. Experimental group II had taken the Anaerobic Training with Normal Diet. Group III was act as Control Group while they will undergo for their regular training. Speed was chosen as Physical fitness variable. Anaerobic Training with Traditional Organic Energy Food Supplement is more effective than Anaerobic Training with normal diet and Anaerobic Training with normal diet is more effective than Control group in promoting hypertrophy of the muscle.

Keywords: Anaerobic training, Traditional organic energy food supplement

INTRODUCTION

The awareness of nutrition plays a key role in sports performance. Many factors can be bearing the performance of a sports person during competition which may be related to different domains. The most commonly encountered nutrition related problem among sports person is their failure to consume sufficient total of food energy. Food is composed of six basic substances: carbohydrates, proteins, fats, vitamins, minerals and water. Each one of these has specific function in providing nourishment for the body. For the sportsman, it is a critical importance to recognize what each does to his body under physical, mental and emotional strains of competition. The duration and the intensity of the exercise involved in a given sport will determine the principal source of energy used in meeting the work demands of that particular sport. The certain nutrition and dietary approaches can enhance the sports performance and also nutrition is essential for an athlete's good performance (Manikandan and Selvam, 2010). Nutrition plays a very important role in attaining high level of achievements in sports. Nutritional status has a direct bearing on the level of physical performance. Hence,

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physical fitness and training are very much dependent on nutritional status of sports personnel (Beals and Manore, 1998).Nutrition is an important complement of any physical fitness program. The main dietary goal for active supplement information from nutritionists/dietitians and individuals is to obtain adequate nutrition to optimize health and fitness or sports performance (Congeni and Miller, 2002; Berning, 2000). Appropriate nutrition is an essential prerequisite for effective improvement of athletic performance, conditioning and recovery from fatigue after exercise and avoidance of injury. Nutritional supplements containing carbohydrates, proteins, vitamins and minerals have been widely used in various sporting fields to provide a boost to the recommended daily allowance. In addition, several natural food components have been found to show physiological effects, and some of them are considered to be useful for promoting exercise performance or for prevention of injury (Wataru et al., 2006). Anaerobic exercise is a physical exercise intense enough to cause lactate to form. It is used by athletes in non-endurance sports to promote strength, speed and power; and by body builders to build muscle mass. Muscle energy systems trained using anaerobic exercise develop differently compared to aerobic exercise, leading to greater performance in short duration, high intensity activities, which last from mere seconds to up to about 2 minutes. Any activity lasting longer than about two minutes has a large aerobic metabolic component. Statement of the problem is the purpose of the study is to find the influence of Traditional Organic Energy Food Supplement along with Anaerobic Training given to experimental groups on Physical fitness variable

RESEARCH METHODOLOGY

To achieve the purpose of the study, 60 sportsmen selected from Ayya Nadar Janaki Ammal College, Sivakasi falling in the age group of 18 to 25 years selected and randomly divided in to three groups. Sportsmen should had been participated in intercollegiate tournament. Random group design was adopted in this study as the investigator is particular to make a meticulous analysis to find out whether there is any significant improvement in the mean level of the group in selected Physical fitness variable. They divided in to three groups. Experiment group I had taken Anaerobic Training with Normal Diet. Experimental group II had taken the Anaerobic Training with Traditional Organic Energy Food Supplement. Group III will act as Control Group while they undergone for their regular training

Physical Fitness variable – Speed. Procedure is the player assumed a ready position behind the marked starting line. On the command “go”, the players ran 50 meter as fast as possible. The amount of time elapsed between the start and the moment the player crossed the finish line was the recorded score. Time was recorded to the nearest tenth of second.

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Analysis of Data

This table shows that analysis of covariance of three groups

Group	Anaerobic training	Anaerobic training along with traditional organic energy food supplement	Control group	Sum of Squares	DF	Mean sum of squares	F-Ratio
Pre test	7.83	7.93	8.03	B: 0.386 W: 29.22	2 57	0.193 0.513	0.377
Post test mean	7.46	7.44	7.96	B: 3.92 W: 32.91	2 57	1.96 0.5777	3.40*
Adjusted post test mean	7.35	7.56	7.95	B: 3.45 W:20.28	2 56	1.72 0.432	3.99*

Table value 3.16

Paired Adjusted Final Means and Difference between Means of Three Groups (Thigh Girth)

Anaerobic training	Anaerobic training along with traditional organic energy food supplement	Control group	Mean difference
7.35	**7.56**		**0.21**
7.35		**7.95**	**0.6***
	7.56	**7.95**	**0.39**

DISCUSSION OF FINDINGS

The results of the study reveal that there is a significant difference in the speed between the pretest and posttest means of Anaerobic Training with Normal Diet group (experimental group I) and Anaerobic Training with Traditional Organic Energy Food Supplement group (experimental group II). There is no significant difference in speed between the pretest and posttest of control group. Regarding statistical analysis of covariance, it is observed that there is a significant difference in the speed among the adjusted posttest means of experimental group I, experimental group II and control group.

However the results of the Scheffe‟s post hoc test indicates that there is a significant difference between Anaerobic Training with Normal Diet group and control group on speed. There is no significant difference between both Anaerobic Training with Normal Diet group and Anaerobic Training with Traditional Organic Energy Food Supplement group and between Anaerobic Training with Traditional Organic Energy Food Supplement group and control group in speed among handball players.

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CONCLUSION

The results of the study indicate that the Anaerobic Training with Normal Diet group had significantly influenced physical fitness variables namely speed of Sportsmen

The results of the study indicate that the Anaerobic Training with Traditional Organic Energy Food Supplement had significantly influenced physical fitness variables namely speed of Sportsmen.

Anaerobic Training with Traditional Organic Energy Food Supplement group made significant improvement better than control group in speed.

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