



IMPACT OF SAQ TRAINING ON SELECTED PHYSICAL FITNESS QUALITIES AMONG COLLEGE MEN STUDENTS

Dr. R. Thanalakshmi

Associate Professor, Dr. Sivanthi Aditanar College of Physical Education,
Tiruchendur, Thoothukudi, Tamilnadu

Cite This Article: Dr. R. Thanalakshmi, "Impact of SAQ Training on Selected Physical Fitness Qualities Among College Men Students", International Journal of Multidisciplinary Research and Modern Education, Volume 7, Issue 1, Page Number 65-67, 2021.

Copy Right: © IJMRME, 2021 (All Rights Reserved). This is an Open Access Article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium provided the original work is properly cited.

Abstract:

The purpose of the study was designed to examine the effect of SAQ training on speed and agility among college men students. For the purpose of the study, thirty college men students from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, Tamilnadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. Group I underwent SAQ training for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables, namely speed and agility were selected as criterion variables. All the subjects of the two groups were tested on selected dependent variables, namely speed and agility by using 50 mts run and shuttle run at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate. The results of the study showed that there was a significant difference between SAQ training group and control group on speed and agility. And also, it was found that there was a significant improvement on selected criterion variables such as speed and agility due to SAQ training.

Key Words: SAQ Training, Speed, Agility, College Men Students

Introduction:

SAQ training stands for Speed, Agility, and Quickness training. It is a specialized form of exercise that focuses on improving an individual's ability to move rapidly and efficiently in various directions. SAQ training is popular in sports and athletic conditioning programs, as it aims to enhance an athlete's overall performance by honing specific aspects of movement. SAQ training includes drills and exercises designed to increase an individual's sprinting speed, essential for sports like track and field, soccer, football, and many others. Agility involves the ability to change direction quickly and efficiently. SAQ training incorporates exercises that improve an individual's ability to navigate through obstacles, make sharp turns, and react swiftly to changes in the environment. Agility is crucial in sports like basketball, tennis, and soccer. Quickness is the rapidness of movement, often associated with reaction time. SAQ training includes drills that enhance an individual's reflexes, enabling them to respond rapidly to stimuli. Quickness is particularly important in sports such as boxing, martial arts, and basketball.

SAQ training is designed to enhance an athlete's overall performance by developing key elements of movement. This can lead to better on-field or on-court capabilities, such as faster sprints, sharper cuts, and improved reaction times. By improving agility and enhancing the body's ability to move efficiently, SAQ training can contribute to injury prevention. Athletes with better agility are often more adept at avoiding awkward or dangerous positions that could lead to injuries. SAQ training involves a variety of movements that challenge and improve coordination. This is essential for athletes who need precise control over their bodies in dynamic and fast-paced situations.

SAQ drills can be tailored to mimic the movements and demands of specific sports, making it a valuable tool for sport-specific training. This ensures that athletes are better prepared for the unique challenges they face in their chosen activities. SAQ training can be adapted to suit individuals of various fitness levels and ages. Whether you're a professional athlete or someone looking to improve general fitness, SAQ drills can be tailored to meet specific needs.

Methodology:

The purpose of the study was designed to examine the effect of SAQ training on speed and agility among college men students. For the purpose of the study, thirty college men students from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, Tamilnadu, India were selected as subjects. They were divided into two equal groups. Each group consisted of fifteen subjects. Group I underwent SAQ training for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables, namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent

variables namely speed and agility by using 50 mts run and shuttle run at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered appropriate.

Analysis of the Data:

Speed:

The analysis of covariance on speed of the pre and post test scores of SAQ training group and control group have been analyzed and presented in table 1.

Table 1: Analysis of Covariance of the Data on Speed of Pre and Post Tests Scores of SAQ Training and Control Groups

Test	SAQ Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	7.47	7.46	Between	0.0013	1	0.0013	0.08
S.D.	0.12	0.11	Within	0.4453	28	0.0159	
Post Test							
Mean	7.29	7.44	Between	0.1703	1	0.1703	8.62*
S.D.	0.12	0.12	Within	0.5533	28	0.0198	
Adjusted Post Test							
Mean	7.29	7.45	Between	0.1887	1	0.1887	23.72*
			Within	0.2148	27	0.0080	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively). The table 1 shows that the adjusted post-test means of SAQ training group and control group are 7.29 and 7.45 respectively. The obtained "F" ratio of 23.72 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on speed. The results of the study indicated that there was a significant difference between the adjusted post-test means of SAQ training group and control group on speed.

Agility:

The analysis of covariance on agility of the pre and post test scores of SAQ training group and control group have been analyzed and presented in table 2.

Table 2: Analysis of Covariance of the Data on Agility of Pre and Post Tests Scores of SAQ Training and Control Groups

Test	SAQ Training Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained 'F' Ratio
Pre Test							
Mean	8.33	8.35	Between	0.003	1	0.003	0.29
S.D.	0.10	0.08	Within	0.291	28	0.010	
Post Test							
Mean	8.20	8.34	Between	0.147	1	0.147	10.75*
S.D.	0.10	0.10	Within	0.383	28	0.014	
Adjusted Post Test							
Mean	8.21	8.33	Between	0.115	1	0.115	54.19*
			Within	0.057	27	0.002	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence for 2 and 28 and 2 and 27 are 3.34 and 3.35 respectively). The table 2 shows that the adjusted post-test means of SAQ training group and control group are 8.21 and 8.33 respectively. The obtained "F" ratio of 54.19 for adjusted post-test means is more than the table value of 3.35 for df 1 and 27 required for significance at .05 level of confidence on agility. The results of the study indicated that there was a significant difference between the adjusted post-test means of SAQ training group and control group on agility.

Conclusion:

- There was a significant difference between SAQ training group and control group on speed and agility.
- And also it was found that there was a significant improvement on selected criterion variables such as speed and agility due to SAQ training.

References:

1. Chaouachi, A., Chamari, K., Wong, P., Castagna, C., Chaouachi, M., Moussa-Chamari, I & Behm, D. G. (2008). Stretch and sprint training reduces stretch-induced sprint performance decrements in 13- to 15-year-old youth. *European Journal of Applied Physiology*, 104(4), 515-522.

2. Docherty, D., & Sporer, B. (2000). A proposed model for examining the interference phenomenon between concurrent aerobic and strength training. *Sports Medicine*, 30(6), 385-394.
3. Hewett, T. E., Ford, K. R., Hoogenboom, B. J., & Myer, G. D. (2010). Understanding and preventing ACL injuries: Current biomechanical and epidemiologic considerations-update 2010.
4. Lephart, S. M., Abt, J. P., Ferris, C. M., Sell, T. C., Nagai, T., Myers, J. B., & Irrgang, J. J. (2005). Neuromuscular and biomechanical characteristic changes in high school athletes: a plyometric versus basic resistance program. *British Journal of Sports Medicine*, 39(12), 932-938.
5. Sheppard, J. M., Young, W. B., Doyle, T. L., Sheppard, T. A., & Newton, R. U. (2006). An evaluation of a new test of reactive agility and its relationship to sprint speed and change of direction speed. *Journal of Science and Medicine in Sport*, 9(4), 342-349.
6. Young, W., & Farrow, D. (2006). A review of agility: Practical applications for strength and conditioning. *Strength & Conditioning Journal*, 28(5), 24-29.