

Effects of Varied Packages of Plyometric Training on Leg Explosive Power and VO2 Max Among College Men Students

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Abstract : The purpose of the study was to find out the effects of varied packages of plyometric training on leg explosive power and VO2 max among college men students. Sixty male students were selected and divided into four equal groups. Group I underwent low-intensity plyometric training, Group II underwent medium intensity plyometric training and Group III underwent high-intensity plyometric training for three days per week for twelve weeks. Group IV acted as control group. The variables namely leg explosive power and VO2 max were selected as dependent variables. The analysis of covariance was used to analyze the significant difference. The 0.05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance. The result of the study indicates due to varied packages of plyometric training, the leg explosive power and VO2 max has been improved significantly.

Keywords : leg explosive power, plyometric exercise, VO2 max, men students

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