

## Effects of 8-Week of Yoga Training on Muscular Strength, Muscular Endurance, Flexibility and Agility of Female Hockey Players

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**Abstract :** The aim of the present study was to investigate the effect of yoga training on muscular strength, muscular endurance, flexibility and agility of female hockey players. For this purpose, a sample of forty (N=40) female hockey players of age ranging from 18 to 25 years were selected from different colleges affiliated to Guru Nanak Dev University Amritsar. Further, the subjects were purposively divided in two groups. First group, designated as experimental group (N1=20) and the second one as control group (N2=20). All the participants were informed about the objectives and methodology of this study and they volunteered to participate in this experimental study. The study was restricted to the variables: muscular strength, muscular endurance, flexibility and agility. The same were measured by using Flexed Arms Hang Test, Sit-Ups Test, Sit and Reach Test and Shuttle Run Test respectively. Experimental group have undergone yoga training for 8-week by following a sequence of selected yogic asanas i.e. Sarvangasana, Chakra-asana, Utthita Parsvakonasana, Parivrtta Trikonasana, Halasana, Bhujangasana, Dhanurasana, Ustrasana, Gomukasana, Paschimotansana, Ardha-Matsyendrasana and Hanumanasan. Paired sample t-test was applied to study the effects of yoga training on female hockey players. The level of significance was set at 0.05. Results revealed significant differences between pre and post-tests of experimental group in respect to Muscular strength (t-6.946\*), Muscular endurance (t-9.863\*), Flexibility (t-11.052\*) and Agility (t-14.068\*). However, insignificant differences were observed between pre and post-tests of control group.

**Keywords :** yoga, muscular strength, muscular endurance, flexibility, agility

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