

Percentage Change in the Selected Skinfold Measurements of Male Students of University of Delhi Due to Progressive and Constant Load of Physical Training

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Abstract : Skinfold measurements provide considerably meaningful and consistent information about subcutaneous fat and its distribution. Physical activities in the form of conditioning and/or training leads to various structural, functional and mechanical changes and numerous training programmes exist for the improvement of physical fitness, however, most of the studies are conducted on foreign soil with foreign population as sample, which may/may not be applicable to the Indian conditions. Moreover, there is not even a single training/ conditioning programme that caters to the need of male students of University of Delhi with regard to various skinfold thickness measurements. Hence, the present study aimed at studying the effect of progressive and constant load training on selected skinfold measurements of male students of University of Delhi in form of percentage change. The sample size for the study was 90 having three groups of male; 30 samples in each group (mean age = 20.04 ± 0.49 years). The variables included triceps, sub-scapular, supra-iliac and calf skinfolds. The experimental design adopted for the study was multi-group repeated measure design. Three different groups were measured four times repeatedly at an interval of 6 weeks, on completion of each of the three meso-cycles. Standard landmarks and protocols were followed to measure the selected variables. Mean, standard deviation and percentage were computed to analyze the data statistically. The study concluded that both the progressive and constant load of physical training bring changes in the skinfold thickness measurements of male students of University of Delhi.

Keywords : constant load, progressive load, physical training, skinfold measurements

Conference Title : ICPESS 2016 : International Conference on Physical Education and Sport Science

Conference Location : Toronto, Canada

Conference Dates : June 13-14, 2016