

Effect of Hill Interval Training on VO₂ Max among Field Hockey Players

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Abstract : The purpose of the study was to evaluate and find out the effect of Hill interval training on VO₂ MAX among field Hockey players. Thirty male field hockey players were selected from LNIPE, Guwahati who were studied in B.P.Ed course. The selected subjects were aged between 18 to 23 years. The VO₂ MAX was calculated and they were divided into two group. One group (N=15) considered as control group that did not participated in any special training apart from regular scheduled/curriculum and another group (N=15) considered as an experimental group which underwent four week Hill Training program. The selected criterion variable such VO₂ Max was measured by the cooper 12min/run/walk test and scores was recorded in ml/kg/min. The subjects were tested on selected criterion variable such as VO₂ Max prior and immediately after the training program. The pretest and posttest data were evaluate by the Analysis of Covariance (ANCOVA) to find out the significance difference if any between the experimental and control group on selected criterion variable. The level of significance was set at 0.05 level of confidence. After applied ANCOVA it was revealed that there was a significant different among the experimental and control group on VO₂ Max. Finally it was concluded that 4 week of Hill interval training effect the VO₂ max performance of field hockey players.

Keywords : VO₂ max, hill interval training, ANCOVA, experimental group

Conference Title : ICPESS 2017 : International Conference on Physical Education and Sport Science

Conference Location : Zurich, Switzerland

Conference Dates : January 13-14, 2017