

PREFACE

The purpose of the study was to find out the effect of resistance circuit training and intensive interval training on selected physical and physiological variables of Veer Narmad South Gujarat University Kho-Kho players. To achieve the purpose of the study 90 male Kho-Kho players from different colleges of Veer Narmad South Gujarat University, Surat. Subjects were between the ages of 18 and 25 years. To assess the level of physical variables speed, endurance, agility, flexibility and explosive power and physiological variables resting pulse rate, vital capacity and blood pressure in Kho-Kho players. To identify the outcome of resistance circuit training and intensive interval training on selected physical variables of Kho - Kho players. To determine the effects of resistance circuit training and intensive interval training on physical and physiological variables, a pre-test-post-test random group design with two experimental groups and one active control group was used. Selected ninety subjects were divided at random into three groups of thirty each (n=30). Group - I underwent resistance circuit Training, Group - II underwent Intensive Interval Training, and Group - III acted as the Control group. The experimental groups were trained for a period of eight weeks. The training is sessions were conducted three alternate days a week. Measurement of all the variables were taken for all the groups before and after the experimental period of eight week. The data collected from the three groups before and immediately after the training program were statistically analyzed on the selected criteria variables with Analysis of Covariance (ANCOVA). as long as he "F" ratio for adjusted post-test means was significant, Scheffe's post hoc test was followed to determine which of the paired mean differences was significant. In all cases, a confidence level of ($p < 0.05$) was set to test the hypothesis. The LSD post hoc test was used to determine the significance of the difference between the paired post-test means when the adjusted post-test means were significant. Resistance circuit training and intense interval training were found to have a significant impact on all criteria variables in the current investigation. Therefore, in order to enhance the overall performance of male kho-kho players, it is advised that coaches, trainers, and physical educators implement this training. The same training may be used to increase performance in different games and sports since the selected trainings demonstrated a higher degree of improvement on the selected variables.

Key words: Speed, Endurance, Agility, Flexibility, Explosive Power