

## PREFACE

The purpose of this study was to investigate the effect of resistance training, bodyweight training and their combination on selected physical fitness components of kabaddi players. Only hundred (100) inter collegiate kabaddi players were selected from colleges affiliated with Veer Narmad South Gujarat University, Surat. (n=100) men Kabaddi players, who participated in Veer Narmad South Gujarat University, Surat Intercollegiate Kabaddi tournament during the year 2020-2023, The subjects' age ranged from 18 to 25 years old. The study also indicated that there was a difference in selected physical fitness components such as speed, endurance, agility, flexibility, muscular endurance, upper body strength, and lower body strength among male kabaddi players between the three experimental and control groups. The selected subjects were divided at random into four groups of twenty five each (n=25). Group I underwent resistance training, Group II underwent bodyweight running, Group III underwent combined resistance training and bodyweight training, and group IV acted as control group. The post-tests were conducted on the above said dependent variables after the experimental period of twelve weeks for all the four groups. Analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post-test mean differences among the experimental groups. If the adjusted post test result was significant, the Scheffe's posthoc test was used to determine the significance of the paired mean differences. The level of significance was set at  $p < 0.05$  of all the cases. There would be significant difference on selected physical fitness components among resistance training, bodyweight training and combined training (resistance and bodyweight training) groups and control group.

**Key Words** : Speed , Endurance , Agility , Flexibility , Muscular Endurance , Upper body strength , Lower body strength.