In recent years aquatic training became one of the most important training methodologies to improve the physical and physiological variables. Aquatic-based exercise intervention, the resistive properties of water provided a resistive stimulus regardless of whether specific resistance training exercises are prescribed. An aquatic-based exercise demonstrated positive alterations in lower body strength. The purpose of this study was to analyze the aquatic training on selected physical fitness variables among volleyball players

Forty physically active and interested undergraduate engineering volleyball players were randomly selected as subjects and their age ranged between 18 and 20 years. The subjects are categorized into two groups namely control group (CG) which did normal exercises, aquatic training group (ATG) which added water training. Each group had 20 subjects. The selected criterion variables speed was assessed by 50 m run; endurance was assessed by coopers 12 min run test and explosive power was assessed by standing vertical jump.

Aerobic exercise. These exercises were performed for 45 min in a day and for 3 days/week. Pre and post test data were collected before and after 12 weeks of training. In the speed test, the aquatic group improved their speed 4.2% in the 12-week period while the control group improved their speed by only 0.5%. In the endurance test the aquatic group improved by 3.7% while the control group actually decreased their endurance by 1.9%. In testing for explosive power, the aquatic group improved 7.4% and the control group showed an improvement of 2.0%.

The researchers concluded from their statistical analysis that the aquatic training group showed significant improvement in all selected physical fitness variables namely speed, endurance and explosive power among volleyball players after aquatic-based exercise training intervention. However, the control group had not shown significant change in any of the selected variables.

The title and authors of the original study are:

Influence of aquatic training on selected physical fitness variables among

volleyball players

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