

EFFECTS OF CIRCUIT TRAINING ON MOTOR ABILITY OF ATHLETICS PLAYERS OF VISAKHAPATNAM CITY

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ABSTRACT

These days, a physically fit body, free from ailments of any kind, is believed to be one of the most important assets that a human being can possess. The importance of physical fitness and exercise, customized to the specific requirements of both young and old, has led to the popularity and use of exercise equipment. The easy access to gyms and fitness centers further highlights the importance of physical fitness. This has resulted in people leading longer and healthier lives than their predecessors could not have dreamed of. The purpose of the study was to determine the effects of Circuit Training on Motor Ability of Athletics Players of Visakhapatnam city. The objective of the study was to study compare the effects of circuit training of experimental group and control group. The objective of the study was to compare the changes in physical fitness components of the Athletics players of Circuit Training Group and Control Group. It was hypothesized that there would be significant effects of circuit training on motor fitness variables in Athletics players of Visakhapatnam City. This study may be beneficial in exploring the significance of circuit training on motor fitness components among Athletics player of Visakhapatnam City. The study may be beneficial to sports administrators, physical educationists and coaches to know the effects of circuit training on motor fitness components. The finding of this study may form base for further intensive researches in this area in long population. The study helps the students to understand himself and their potentialities through such appraisal as a result of which the indispensable motor qualities probably be sustained for peak performance.