INTRODUCTION

Any type of movement your body makes require the use of energy. You don’t have to do aerobics to lose weight or maintain a desired weight. It has been determined that anaerobic exercise will burn more calories than aerobic exercise, on a ratio of 5 to 1 basis, and even as much as a 7 to 1 ratio. The aerobic exercise will burn 25% muscle and 75% fat, while anaerobic exercise will burn 100% fat.

There is no point in a shot-putter having superb aerobic fitness. There is no point in a marathon runner being able to bench press 300 pounds. Training should reflect the type of fitness required for whatever sport being trained for. Some sports require mostly aerobic fitness and only a little anaerobic fitness, whilst other sports require a high degree of anaerobic fitness together with a good aerobic base. Most ball games are an even mixture of aerobic and anaerobic movement. The game is spread over 80 or 90 minutes which makes it essential to have good aerobic fitness, but included in the game will be frequent bursts of anaerobic activity.

The above explanation may be simplistic in its description. However, I assure you it is an extremely complicated feat of nature. That is why it is important to know why and how you are exercising. Your heart rate when exercising can determine whether you are doing aerobic or anaerobic exercise. The maximum heart rate for men is 220 less your age. For women it is 225 less your age. The goal rate for exercising should be 70% of your maximum rate. When the heartbeat is faster than the 70% you are doing aerobic exercises. How exercise is performed will determine it to be aerobic or anaerobic.

STATEMENT OF THE PROBLEM

Thus it has assumed that weight training may play an important role in improving fitness components with some skills in football. Therefore the present study entitled, “Study of the Effects of Selected Weight Training Programme on Motor Fitness and Football Skills of College Students.”
Delimitation

The researcher has delimited this study as follows:

1. Regular football players have been included in this study.
2. The study has been delimited to the basic skills of football.
3. Specific ‘training schedules’ of exercises on the basis of the principles of weight training have been specifically designed.
4. The study has been delimited to the selected fitness components as specifically required for football players.
5. The study has been conducted on a group of boys football players of school aged 16 to 18 yrs.
6. The total duration of experimentation has been restricted to at least 6 months (including testing dates, Sundays & holidays) which include Pre Testing, one experiment, Post Test, and one – follow-UP programme of 6 weeks each.

Limitations

It has not been possible for the researcher to control overall aspects of this experiment. The researcher recorded some drawbacks remained and within which he has conducted this experiment. The limitations as noted down during experiment are as follows:

1. It was not possible to control daily activities of the subjects since they lived in house with their parents.
2. The food habits of the groups could not be controlled as most of the students are from varied culture, social & environmental background.
3. The researcher had to depend upon various technical assistants while collecting data. Although testers’ reliability coefficient has been determined, still there is a chance of variability.