

# Effect of Weight Training on Total Body Weight of Throwers

Ms. Renu<sup>1</sup>, L.B.Laxmikanth Rathod<sup>2</sup>

<sup>1</sup>Department of Physical Education, Osmania University, Hyderabad, Telangana, India,

<sup>2</sup>Sr. Professor, Department of Physical Education, Osmania University, Hyderabad Telangana, India

## ABSTRACT

The purpose of the study was to find out the effect of weight training on Total body weight of throwers. To achieve this purpose of the study, 60 men students of IIT Bombay, were selected as subjects. Their age ranged between 19 to 24 years. The selected subjects were divided into two equal groups of thirty each namely weight training group and control group. The experimental group did weight training exercises such as Biceps curl, Bench press, Full squats, Wrist curls, Triceps Curls, Dead Lifts, Shoulder press, lunges, Heel Raise, Push-ups, Leg Press, Sit ups etc. for two to three days a week for twelve weeks whereas the control group maintained their daily routine activities and no special training was given to them. The variable named total body weight was selected as criterion variable. To assess the total body weight the Pre-Test and Post-test were conducted using weighing machine. This study shows that due to the weight training exercises there is a remarkable reduction in total body weight of experimental group and control group has reported no major difference in total body weight due to general training.

**Keywords:** Total body weight, Weight Training and Throwers

## 1. INTRODUCTION:

Weight training is a kind of strength training which can be performed using a number of equipment such as barbell, weight plates, dumbbells etc.

There are some noteworthy advantages in training with weights than other type of strength training. Since weight can be added to the bar in small amount it is easy to control the resistance to the working muscles. By recording the amount of weight lifted each day the trainer is able to gradually and accurately increase the over load of a muscle group during a workout and from one workout to the next.<sup>1</sup>

**Total Body Weight-** refers to the measurement of the total mass of an individual's body, which includes both lean body tissues and adipose (fat) tissues.

### 1.1 Statement of the problem

Effect of Weight Training on Total Body weight of throwers.

### 1.2 Purpose of the Study

The purpose of the study was to find out the effect of weight training on Total Body weight of throwers.

### 1.3 Hypothesis

There would be significant change on selected variable due to the effect of Weight Training.

## 2. METHODOLOGY

### 2.1 Selection of Subjects

The sample for present study consists of 60 athletes of IIT Bombay out of which 30 are experimental group and 30 are control group with age range from 19-24 Years.

### 2.2 Selection of Variable

Dependent Variable- Total Body Weight

Independent Variable- Weight Training

### 2.3 Training Program and Experimental Procedure

The following Weight Training exercises were given for twelve weeks to the Experimental group while control group were given general fitness training.

1. Clean & Jerk
2. Bench Press
3. Full Squat
4. Biceps Curl
5. Triceps Curl
6. Leg Press
7. Heel Raise
8. Lunges
9. Dead Lift
10. Wrist Curls
11. Shoulder Press
12. Abdominal Crunch
13. Back Hyper extension

### 2.4 Collection of data

To assess the total body weight of throwers the Pre-Test and Post Test were conducted using weighing machine and recorded.

## 3. RESULTS AND DISCUSSION

This study shows that due to the weight training exercises there is major reduction in total body weight of experimental group and control group has not reported any change in total body weight due to the general fitness training.

**TABLE 1 THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST TESTS ON TOTAL BODY WEIGHT OF EXPERIMENTAL GROUP AND CONTROL GROUP**

Group	Pre-Test Mean	Post Test Mean	Mean Difference	't' Value
Weight Training	76.12	73.21	-2.91	3.55*
Control	72.34	73.88	1.54	1.22

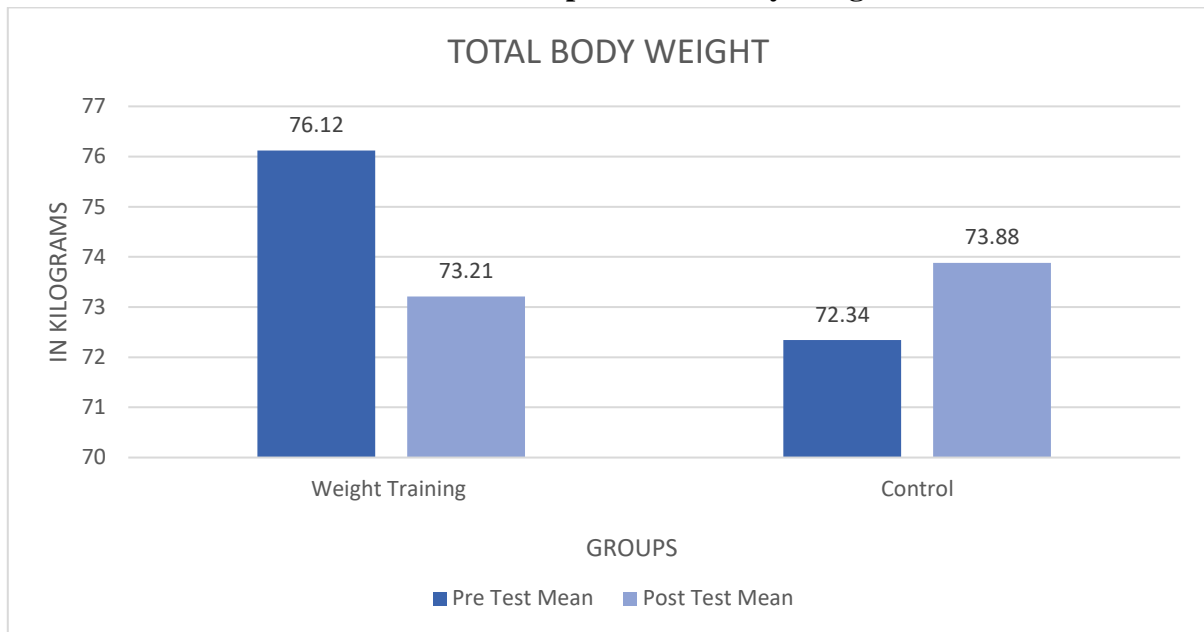
**\*Significant at 0.05 level.**

(Table value required for significance at 0.05 level for t-test with degree of freedom 29 is 1.69)

Table-1 showed that the dependent ‘t’ test values between the pre and post means of weight training group and control group were, 3.55 and 1.22 respectively. Since the obtained ‘t’ test value of weight training group was greater than the table value 1.69 with df 29 at 0.05 level of confidence, it is concluded that weight training group has reduced significant amount of total body weight.

The Pre-Test and Post-Test mean values of Weight training group and Control group for Total Body weight are graphically represented in the Figure-1.

**FIGURE 1: Graphical Representation of Pre-test and Post test Means of Weight Training Group and Control Group on Total Body Weight.**



#### 4. CONCLUSION

It is concluded that due to weight training there is significant reduction in total body weight of the throwers.

#### 5. RECOMMENDATIONS

It is recommended that similar studies can be conducted on female athletes also. This type of study will guide coaches and fitness trainers in designing training program for reducing body weight.

#### 6. BIBLIOGRAPHY

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