



## **THE IMPACT OF SAQ TRAINING COMBINED WITH ASANA PRACTICE ON SELECTED PHYSICAL FITNESS VARIABLES OF BASKETBALL PLAYERS**

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### **Abstract:**

The study aimed to determine the impact of SAQ training combined with asana practice on selected physical fitness variables of basketball players. To accomplish this, 45 basketball players from the Department of Physical Education at Bharathiar University, Coimbatore, Tamilnadu, India, aged between 18 and 25 years, were randomly selected as participants. They were divided into three equal groups of 15 subjects each. Group I was designated as Experimental Group I (SAQ training), Group II as Experimental Group II (SAQ training combined with asana practice), and Group III as the Control Group. The experimental procedures, testing protocols, and exercise schedules were thoroughly explained to the participants to ensure their full cooperation throughout the study. The findings revealed that twelve weeks of SAQ training combined with asana practice significantly improved the selected physical fitness variables compared to both the SAQ training group and the control group.

**Key Words:** SAQ Training, Asana Practice, Basketball.

### **Introduction:**

Agility also depends upon coordinating quickly and accurately the big muscles of the body in a particular activity. The level of one's agility is a result of both innate capacity (genetic) training & experience (Sheppard, J. M., & Young, W. B. 2006). Agility is more effective when it is combined with high levels of speed, strength and endurance (Plisk, S. S. 2000). Agility may be greatly improved with specific training. Some authors use the term coordination and dynamic balance synonymously with agility. However, it is a general agreement that individuals possessing sufficient strength, endurance, balance, hand-eye, foot-eye and overall body coordination and flexibility, are also good in their agility ability. In the other words, agility has been taken as a separate single identity defined by the individual's ability to change position and direction rapidly and accurately and that agility is highly correlated with other general motor ability components like coordination, balance, flexibility, muscular strength, power and endurance. - kindly rephrase the paragraph and give citations with reference

### **Statement of the Problem:**

The purpose of the study was to find out the impact of SAQ training combined with asana practice on selected physical fitness variables of basketball players.

### **Significance of the Study:**

- This study would help to assess the physical fitness variables among basketball players.
- The result of the study would help to introduce the training packages for basketball players.
- The result of the study would motivate the players to practice the game basketball.

### **Hypotheses:**

On the basis of available literature and scholar own understanding of the problem; the following hypotheses were formulated:

- The hypothesis proposed that both SAQ training and SAQ training combined with asana practice would lead to significant improvements in selected physical fitness variables compared to the control group.
- The hypothesis proposed that SAQ training combined with asana practice would result in significantly greater improvements in selected physical fitness variables compared to both SAQ training alone and the control group.

### **Delimitations:**

This study was delimited to the following aspects.

- The study was delimited to forty-five basketball players from Department of Physical Education, Bharathiar University, Coimbatore, Tamil Nadu.
- The study was confined to basketball players between the age group from 17 to 23 years.
- This study was delimited to only SAQ training and asana practice.

**Limitations:**

This study was limited to the following aspects.

- The day today activities, rest period, food habit and life style were not controlled.
- Hereditary and environmental factor, which contribute to both physical and mental efficiency were not controlled.
- No attempt were made to determine whether the subjects and having the some degree of motivation during the various staged of training and testing periods.

**Methodology:**

**Selection of Subjects:**

The aim of the study was to examine the effect of SAQ training combined with asana practice on selected physical fitness variables of basketball players. To accomplish this, 45 basketball players from the Department of Physical Education at Bharathiar University, Coimbatore, Tamilnadu, India, aged between 17 and 23 years, were randomly selected as participants. The subjects were divided into three equal groups, with 15 participants in each group. Group I served as Experimental Group I (SAQ training), Group II as Experimental Group II (SAQ training combined with asana practice), and Group III as the Control Group. The experimental procedures, testing protocols, and exercise schedules were thoroughly explained to the participants to ensure their full cooperation and understanding prior to the study's commencement.

**Dependent Variables:**

**Physical Fitness Variables:**

- Speed
- Agility

**Independent Variables:**

- Group I - SAQ Training
- Group II - SAQ Training with Asana Practice
- Group III - Control Group

Table 1: Test Selection

S.No	Variables	Tests Units
1	Speed	50 Meters Run Seconds
2	Agility	T Agility Run Test Seconds

**Statistical Techniques:**

Analysis of covariance (ANCOVA) was computed where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. Whenever the adjusted post-test means were found significant, the Scheffe's post-hoc test was administered to find out the paired means difference. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

**Results and Discussion:**

Table 2: Computation of Mean and Analysis of Covariance on Speed of SAQ Training, SAQ Training with Asana Practice and Control Groups

	SAQTG	SAQWAPG	Control Group	Source of Variance	Sum of Squares	df	Mean	F
Pre Test Mean	7.08	7.07	7.06	BG	0.003	2	0.002	0.35
				WG	0.18	42	0.005	
Post Test Mean	6.85	6.56	7.05	BG	1.82	2	0.91	226.33*
				WG	0.17	42	0.004	
Adjusted Post Test Mean	6.85	6.56	7.05	BG	1.82	2	0.91	221.50*
				WG	0.16	41	0.004	

\* Significant at 0.05 level Table value for df 2, 42 was 3.21 and 2, 41 was 3.22

The above table indicates the adjusted mean value of speed of SAQ training, SAQ training with asana practice and control groups were 6.85, 6.56 and 7.05 respectively. The obtained F-ratio of 221.50 for adjusted mean was greater than the table value 3.22 for the degrees of freedom 2 and 41 required for significance at 0.05 level of confidence.

Figure 1: Shows the Mean Values on Speed of SAQ Training and SAQ Training with Asana Practice and Control Groups

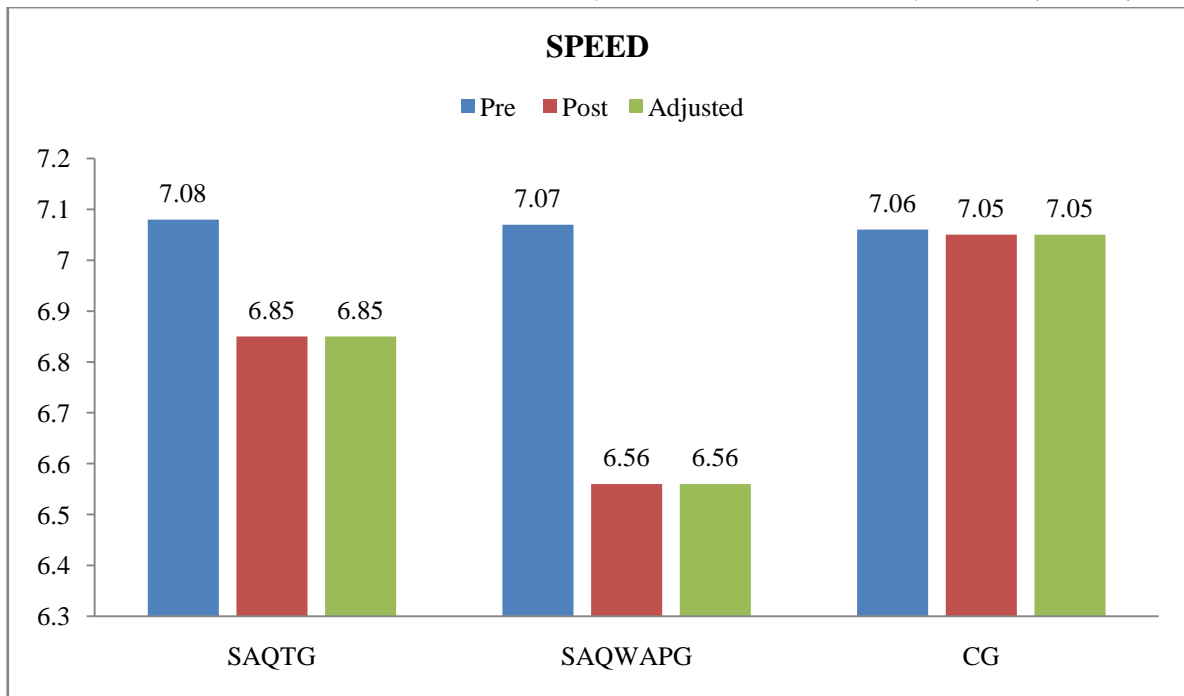


Table 3: Adjusted Mean and Differences between the Means of SAQ Training, SAQ Training with Asana Practice and Control Groups on Speed

SAQTG	SAQWAPG	Control Group	MD	CI
6.85	6.56	--	0.29*	0.05
6.85	--	7.05	0.20*	
--	6.56	7.05	0.49*	

Table 3 shows the adjusted means on speed and difference between the means of the SAQ training, SAQ training with asana practice and control group. The mean differences of SAQ training group and SAQ training with asana practice group, SAQ training group and control group, SAQ training with asana practice group and control group were 0.29, 0.20 and 0.49 respectively was greater than the CI value 0.05. Hence there exists significant difference.

Table 4: Computation of Mean and Analysis of Covariance on Agility of SAQ Training, SAQ Training with Asana Practice and Control Groups

	SAQTG	SAQWAPG	Control Group	Source of Variance	Sum of Squares	df	Mean	F
Pre Test Mean	11.16	11.19	11.14	BG	0.01	2	0.009	1.27
				WG	0.18	42	0.005	
Post Test Mean	10.93	10.72	11.13	BG	1.26	2	0.63	57.90*
				WG	0.46	42	0.01	
Adjusted Post Test Mean	10.93	10.71	11.13	BG	1.23	2	0.61	55.62*
				WG	0.45	41	0.01	

\* Significant at 0.05 level Table value for df 2, 42 was 3.21 and 2, 41 was 3.22

The above table indicates the adjusted mean value of agility of experimental SAQ training group, experimental SAQ training with asana practice group and control groups were 10.93, 10.71 and 11.13 respectively. The obtained F-ratio of 55.62 for adjusted mean was greater than the table value 3.22 for the degrees of freedom 2 and 41 required for significance at 0.05 level of confidence.

Figure 2: Shows the Mean Values on Agility of SAQ Training and SAQ Training with Asana Practice and Control Groups

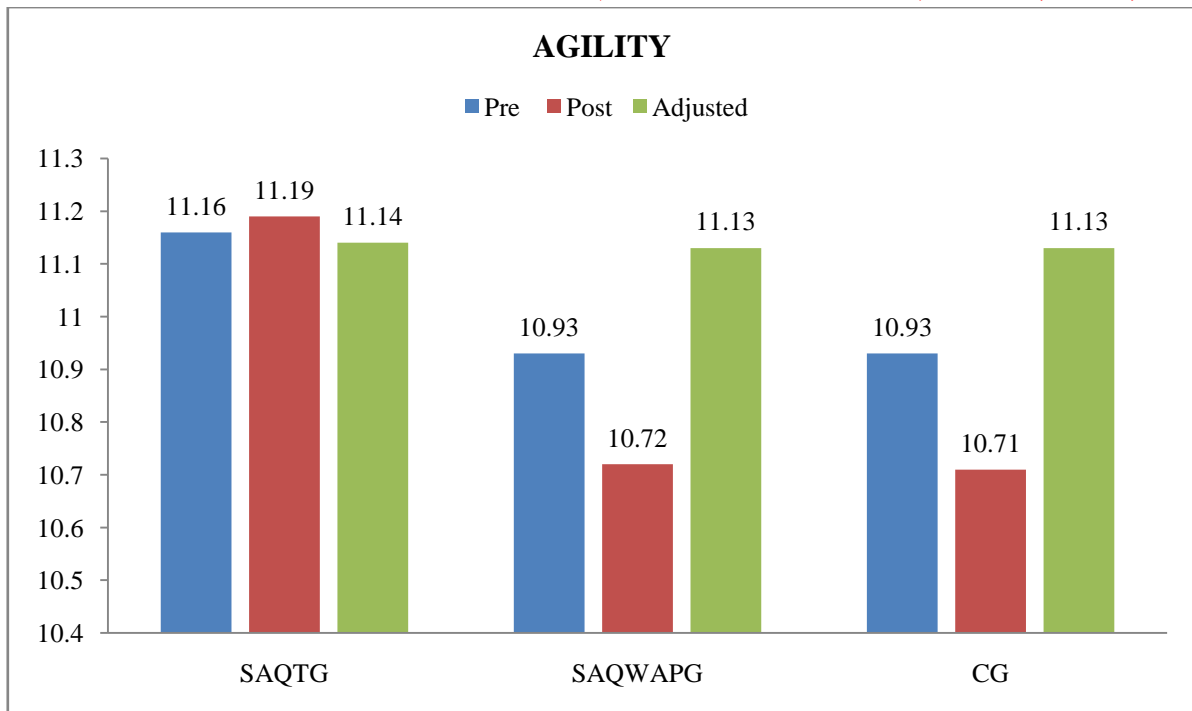


Table 5: Adjusted Mean and Differences between the Means of SAQ Training, SAQ Training with Asana Practice and Control Groups on Agility

SAQTG	SAQWAPG	Control Group	MD	CI
10.93	10.71	--	0.22*	0.09
10.93	--	11.13	0.20*	
--	10.71	11.13	0.42*	

Table 5 shows the adjusted means on agility and difference between the means of the SAQ training, SAQ training with asana practice and control group. The mean differences of SAQ training group and SAQ training with asana practice group, SAQ training group and control group, SAQ training with asana practice group and control group were 0.22, 0.20 and 0.42 respectively was greater than the CI value 0.09. Hence there exists significant difference.

**Conclusion:**

From the results obtained, the following conclusions were drawn:

- It was observed that the twelve weeks of SAQ training have significantly improved the selected physical fitness variables than the control group.
- It was observed that the twelve weeks of SAQ training with asana practice have significantly improved the selected physical fitness variables than the SAQ training and control group.

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