RELATIONSHIP BETWEEN YOGIC PRACTICE AND NEUROMUSCULAR TRAINING ON PHYSICAL FITNESS PARAMETERS AMONG SCHOOL LEVEL FENCERS

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ABSTRACT

The aim of this study is to find out the effect of asana exercise and neuromuscular training on poor physical health of school fencers. For the purpose of this study, 30 fencers aged between 11 and 14 years were selected as subjects from the Fencing Coaching Center in Kanyakumari, Tamil Nadu. This study adopted a pretest and posttest randomized group design. The options are divided into three equal groups. Neuromuscular training was given to Group 1 (n=10, ND). Asana exercises were applied to Group 2 (n=10, AP) and the control group (n=10, CG) was applied to Group 3. In this study, two training methods were used to distinguish independence and agility was chosen as the variable. Testing is done with T-roll; Measure agility before and after training. Data collected before and after were meticulously analyzed using appropriate statistical analysis of variance tool (ANCOVA). Scheffe's post hoc test was used to find comparisons between groups. The results clearly show that the agility of the experimental group was better than that of the control group.

Keywords: Neuromuscular; Asana; Agility; Fencing; ANCOVA.

INTRODUCTION

The body in asana is the vehicle for the development of wisdom and spiritual knowledge, therefore the body is considered sacred and the wisdom of the body is considered the basis of spiritually unambiguous well-being. In yoga, we learn body discipline that, through awareness and attention, allows our body to gradually change the flow of energy and the breathing rhythm of life. The idea is that by going deeper and deeper into our physical experience, we can become more connected to ourselves, more grounded, and less affected by anxiety or negative thoughts about things that don't please us. This could very well be It influences the way we live,

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providing an antidote to the conflicts and contradictions within us that make up so much of our world today. The benefits of programs designed to improve performance often include increased strength, speed and agility. A neuromuscular training program designed for young women can improve strength, power, and neuromuscular control and reduce sex differences in these parameters Gender differences. Secondary effects of this neuromuscular training will relate to injury reduction for all athletes as a positive outcome of training.

STATEMENT OF THE PROBLEM

The main purpose of the study is to find out the Relationship between Asana Practice and Neuromuscular Drills on Physical fitness parameters of school level fencers.

SUBJECTS AND METHODS

30 fencers, aged between 11 and 14, were recruited from the Fencing Coaching Center in Kanyakumari, Tamil Nadu, India. They were divided into three equal groups: two experimental and one control group. Experimental group 1 (n=10, ND) received neuromuscular training, group 2 (n=10, AP) and experimental group 3 (n=10, CG) were the control group and did not participate in the training.

Both groups try to do their own training according to time, under the guidance of the researcher, who gives advice, motivation and encouragement to the players. Each training day will take place in the morning and last sixty minutes. The experimental group did 10 minutes of warm-up and 10 minutes of warm-up exercise before and after training.

Table 1: The Results of Analysis of Covariance on Agility of Different Groups (Scores in Seconds)

Test	Mean	N	Std. Deviation	Std. Error Mean	T	df	Sig. (2-tailed)
Pre test	26.293	15	3.2675	.8437	10.395	14	.000
Post test	18.347	15	1.2409	.3204			

* Significant at .05 level of confidence. The required tables value for test the significance was 3.2675 and 1.2409with the df of 14 and 26 and 18.

Table 1 shows AG's mean FPG value of 26.293 pre-test and 18.347 post-test; It also means that the resulting t ratio is 10.395 and the sig value is 0.000. The resulting t ratio is 2.144 greater than the t table value (two-tailed) and the resulting 0.00 Sig value is less than the 0.05 significance level. From the statistical results in Table 4.17, it can be seen that the average value before and after the test is better due to the effect of 12-week AP training on AG.

Table 1 shows the mean values of NMT for AG of 24.447 pre-test and 18.840 post-test, and also the resulting t-ratio value is 8.680 and sig value is 0.000. The resulting t ratio is 2.144 greater than the t table value (two-tailed) and the resulting 0.00 Sig value is less than the 0.05 significance level. It can be seen from the statistical results in Table 4.18. There was

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a significant improvement in AG at pretest and posttest due to the effectiveness of the 12-week NMDG training program.

Table 1 shows that the mean value of AG CG was 22.613 before the test and 22.507 after the test, and the probability t ratio was 0.33 and the sig value was 0.747. The resulting t ratio is less than the t table value of 2.144 (two-tailed) and the obtained Sig value of 0.747 is greater than the significance of 0.05. From the statistical results in Table 4.20, it can be seen that there is no significant improvement in the average value before and after the AG test due to the fact that the CG does not engage in special activities.

Table 1 (A): The Results of scheffe's post hoc test mean differences on AGILITY among two Groups (Scores in Seconds)

APG	NMDG	CTG	CG	MD	CI
18.121	18.816			.695	1.40
18.121		16.541		1.580*	
18.121			22.682	4.561*	
	18.816	16.541		2.275*	
	18.816		22.682	3.866*	
		16.541	22.682	6.141*	

* Significant at .05 level of confidence.

1. **Result of Scheffe's Post Hoc Test on Agility**

Table 1.a represents the ANCOVA results of AG. The adjusted APG average is 18.121, NMDG 18.816, CTG 16.541 and CG 22.682 but Table 4.37 shows that the F ratio is 53. 077 which is the best of words. The value is 2.77, df is 3, and 55 is significant at the 0.0 5 level. Additionally, the probability value of 0.00 is less than the significance value of 0.05. The analyzed results show significant recovery differences between FPG, NMDG and CG. The AG changed after measurement is presented in the graph in 4.33. Table 4.3 7 shows that there is a difference. Therefore, Scheffe's post hoc test was used to find the MD from the sample comparison and is presented in 4.38.

The adjusted post test mean deference of experimental and control group value graphically represented in the figure-1

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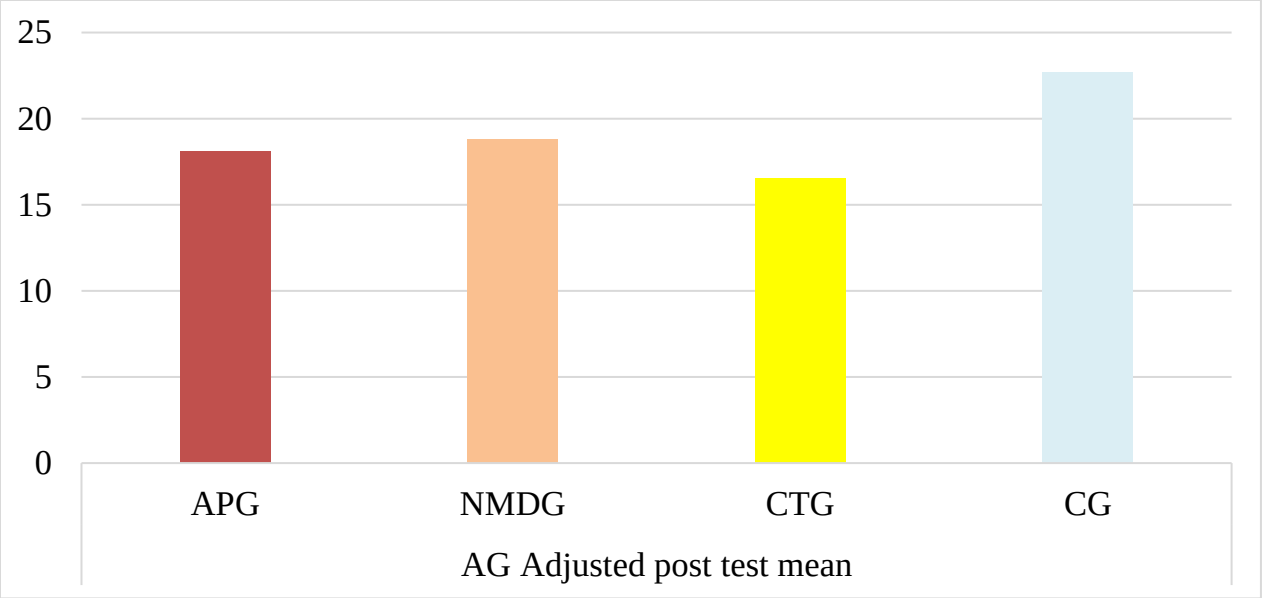

As can be seen from Figure 1, the average MD value of FPG and NMDG is smaller than the CI value of 1.40. Also MD of APG and CTG;
According to the results analyzed in Table 4.38, there is no difference between FPG and NMDG. It also means that there is a difference between APG and CG; Comparing the test results, CTG is better than APG, NMDG and CG in improving AG.

Discussion

After statistically analyzing the final results, the researchers found that the selected training group experienced a significant improvement in performance from the beginning to the end of the intervention. The situation before and after the intervention is as follows. Neuromuscular training and asana exercise groups are from front (13.43+0.31) to back (12.60+0.28). The percent improvement in agility for the neuromuscular training and asana exercise group was 0.008%. Research results are supported and based on research results

Conclusion

Neuromuscular training and asana exercise increased agility compared to control. Neuromuscular exercises and asana exercises have similar effects on agility. The control group showed no improvement.

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