Effect of Conditioning Training Programme on Blood Urea Level of Male Athletes

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ABSTRACT

Biochemistry is the study of the Chemistry of life process. Cross training also called conditioning training, is performed for enhancing athletic and sports execution. In this present study, researcher made an attempt to explore the Impact of cross training programme on blood urea level of male athletes. The study was conducted on male athletes of 20- 25 years age group. A total twenty (N=20) male athletes were selected as subjects from The Enlightened College of Physical Education, Jhunir, Mansa to check the impact of cross training programme on blood urea level. After collecting the data paired t- test was applied with the help of SPSS-16. To test the hypothesis the level of significance was set at 0.05. On the basis of findings of present study, it is concluded that the results powerfully prove insignificant difference between pre and post-test of Blood Urea Level in male athletes.

INTRODUCTION

Biochemistry is the study of the Chemistry of life process. Since the disclosure that biological particle such as urea could be integrated from nonliving segments in 1828, researchers have investigated the chemistry of existence with awesome power (Jeremy et al, 2015).

Cross training also called conditioning training, is performed for enhancing athletic and sports execution. The athletic execution or as whatever other kind of human execution, is not the result of one single framework or part of human identity (Rachna, 2001).

In this present study, researcher made an attempt to explore the impact of cross training programme on blood urea level of male athletes.

METHODOLOGY

Selection of the Subjects

The study was conducted on male athletes of 20-25 years age group. A total twenty (N=20) male athletes were selected as subjects, from the Enlightened College of Physical Education, Jhunir, Mansa, to check the impact of cross training programme on blood urea level.

Selection of Variables

Dependent Variable: In consultation with the experts in the field; minutely gleaning through the literature available; and considering the feasibility criteria in mind, especially the availability of instrument, the blood urea level Biochemical variable was selected as dependent variable for the present study.

Independent Variable: To know the impact of cross training programme, on blood urea level of male subjects, six weeks cross training programme was selected as independent variable for the present study.

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Criterion Measures

For the purpose of present study the measurement unit of the selected variable given below:

VARIABLE	TEST ANALYZER	UNIT OF MEASUREMENT
		(Milligrams per deciliter)
Blood Urea Level	Erba Chem- 5 V_2 plus	mg/dl

Design of the Study

One – Group Pre-test Post – Test group design was used as experimental design in present study.

Statistical Procedure

In order to find out the effect of six weeks cross training programme on blood urea level of male subjects, after collecting the data, paired t- test was applied with the help of SPSS-16. To test the hypothesis the level of significance was set at 0.05.

RESULTS & DISCUSSION

Table-1: Mean, Standard Deviation and 't' Value of Pre and Post Test of Blood Urea Level

Group	N	Mean	Standard Deviation	t-value
PRE TEST	20	18.47	3.51	0.89
POST TEST	20	21.23	2.12	

t.05 (19) = 2.04

The Table and figure 2 reveals that the mean values of pre and post test of blood urea were recorded as 18.47 & 21.23 whereas the standard deviation was 3.51 & 2.12, respectively. The calculated t- value for pre and post conditioning training programme of athletes 0.89, which is less than the tabulated t- value (2.04) at .05 level of significance. So, it implies that there was insignificant difference found between pre and post value of blood urea.

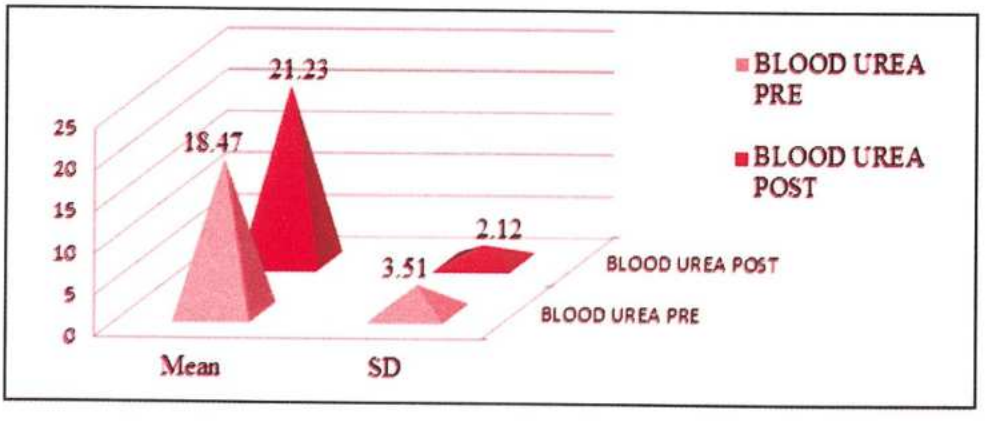

Fig.-1: Mean and Standard Deviation and 't' Value of Pre and Post Test of Blood Urea

CONCLUSION

On the basis of findings of present study, it is concluded that the results powerfully prove insignificant difference between pre and post-test of Blood Urea level in male athletes.

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