

Research Paper :

Effect of weight training and physical exercises on bio-chemical variables among college football players

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Accepted : January, 2009

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ABSTRACT

The procedures and methods were applied in selection of subjects. experimental design, selection of variables, selection of tests, reliability of the data, orientation of the subjects, training programme, administration of tests, collection of data and statistical procedure followed in this study. To achieve the purpose of this study, 20 male college Football players of Koviloor Andavar College of Sports Science, Tamil Nadu were selected as subjects. The selected subjects were divided into two groups. Group I. underwent the weight training exercises and Group II under went the physical exercises. The subjects age ranged from 20 to 25 years. The subjects were selected at random from the College Football players. The study was formulated as pre post test and pre experimental design. The weight training group had significant improvement in body cholesterol and improved triglyceride, HDL and LDL.

Key words : Cholesterol, Triglyceride, High density lipoprotein, Low density lipoprotein, Physical exercise