

Study of Fitness Trends and Status Of U-25 Cricketers of Cricket Next Academy Cricket Club Pune City

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ABSTRACT

Staying fit is essential no matter the sport that you are into, fitness is extremely important in sports. The main aim of this research paper is to check the fitness trends going in the U-25 male cricketers of cricket next academy club Pune city. In the present study the researcher has choose descriptive research in which survey method was used. To choose the sample simple random sampling technique was used. The data is collected with the help of questionnaire and field test. The questionnaire was distributed through google form and analyses was done with the help of responses collected from the subjects. After conducting psychomotor test data of yo-yo test and alternate hand wall toss test was gathered and compare it with standardized norms of same. After analyses researcher stated that the subject's fitness level was below average and very poor in yo-yo test and in coordination test most of the subjects are in good and average performance. So, the observation and results says that subject needs to improve their fitness and eating habit in order to improve their fitness which will obviously help them to develop their performance as well.

Keywords : fitness trends, status of fitness, u-25 cricketers, yo -yo test, alternate hand wall toss test.

Introduction

In earlier days when cricket started there were only test matches where player was unaware about fitness and they were wasn't even trying for fitness. But as the years

passes the evolution in cricket fitness happened as Australia and South Africans started doing fitness and it help them for better performance. So similarly, everyone started doing it as the game of cricket demanded the fitness to survive in cricket field as competition increased. Fitness is very important factor for any kind of sports person. He or she needs to develop all HRPF and SRPF skills to develop their fitness and performance. Agility is the ability of a person to change positions in space or to change direction quickly and effectively. Strength endurance is the ability of a muscle or muscle group to perform repeated contraction against a resistance to sustain contraction for an extended period with less discomfort and more rapid recovery this are some HRPF and SRPF factors that you must need to develop. To develop these factors there are many ways and fitness trends like HIIT, Circuit Training, strength training, endurance training etc. For this research we are trying to know which is the widely use fitness trends and methods to develop their fitness by cricket players of cricket next academy cricket club Pune.

Sports-specific training is basically fitness and performance training designed specifically for sports performance enhancement and includes areas such as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery/regeneration techniques and strategies, nutrition, rehabilitation and injury risk reduction. Fitness helps cricket players to improve their performance as in longer format of cricket as in test cricket bowlers have to bowl for longer duration at that needs fitness. Similarly, in shorter format you have to be intensive throughout the match so fitness matters a lot in this situation. Even though ricket is the most popular game in India, very few scientific researches were done on sports training on performance related variables, so thus study was taken to determine the effect of cricket specific fitness training program on agility and strength endurance among college level men cricketers. (Bhosle & Reddy, 2018)

To find the trend of fitness training program among U-25 male Cricketer's of cricket next academy club Pune city. To find out current fitness status of U-25 male cricketers. if the fitness training trend is beneficial for the subjects, then it can be implemented in other clubs too for better performance of players.

Methodology

The present investigation follows the survey of trends of fitness training among U-25 male cricketers of cricket next academy cricket club in Pune. Hence a questionnaire and field test for this study was selected as data collection tool and prepared according to purpose of the study. In this research simple Random sampling method was used. 50 U-25 male cricketers from cricket next academy club Pune were covered in the study. For the purpose of the study, a standardized field test from BCCI was taken

C.V Endurance (yo-yo test) and hand-eye coordination (alternate hand wall test) was administered to collect the data. After conducting psychomotor test data of yo-yo test and alternate hand wall toss test was gathered and compare it with standardized norms of same.

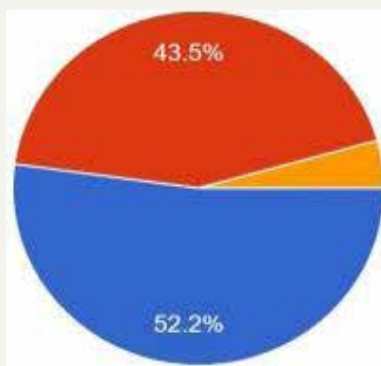
Analyses and Interpretation

Q. Which fitness training program you undergo?

Analyses of frequency and percentage at which fitness training program they undergo

	Frequency	Percentage
Outdoor	24	52.2%
Gym	20	43.5%
Yoga	2	4.3%
Aerobics	0	0%
Others	0	0%

Above table shows that out of 46 Players 24(52.2%) players do outdoor fitness training program, while 20(43.5%) players preferred Gym fitness training, 2(4.3%) players have chosen yoga as fitness training program, 0(0%) player are interest in Aerobics fitness training program. Above table shows that most of the players wanted to undergo outdoor fitness training program, followed by gym.

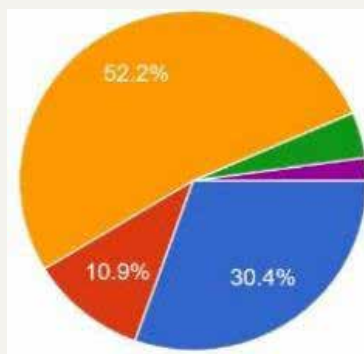


Pie diagram percentage at which fitness training program they undergo

Analyses of frequency and percentage of how many days in a week respondent undergo fitness training

	Frequency	Percentage
Everyday	14	30.4%
1-2 days	5	10.9%
3-5 days	24	52.2%
Once a week	2	4.3%
Others	1	2.2%

Above table shows that out of 46 Players 14(30.4%) players do everyday fitness training, 5(10.9%) players do 1-2 days fitness training in a week, 24(52.2%) players do 3-5 days fitness training in a week, 2(4.3%) players do once a week for fitness training 1(2.2%) are with different planned session. Above table shows that most of the players practice fitness training for 3-5 days in a week.



Pie diagram percentage of how many days in a week respondent undergo fitness training

Analyses of test score of yo-yo test and alternate hand wall toss test of sample population

Name	Age	Yo-yo test (level)	Norms	Alternate hand wall toss/30 sec	Norms
Aryan desai	19	14.3	Below average	25	Average
Aditya kotle	18	14.4	Below average	27	Average

Yusuf memon	17	14.6	Below average	30	Good
Swapnil Bansode	24	12.1	Very poor	24	Average
Aditya bhat	20	14.6	Below average	28	Average
Yuvaan Godiyal	19	14.8	Below average	31	Good
Aiman Sharma	22	15.4	Below average	20	Average
Manliv Ghai	18	15.6	Below average	32	Good
Amar kadam	23	13.3	Very poor	10	Very poor
Sachin Ashinghal	21	14.1	Very poor	25	Average

These test scores of subjects collected in pilot study was compared with standardized norms of yo-yo test and alternate hand wall toss test and analysed the fitness level of subjects.

Conclusion and recommendations

After analyses researcher stated that the subject's fitness level was below average and very poor in yo-yo test and in coordination test most of the subjects are in good and average performance. So, the observation and results says that subject needs to improve their fitness and eating habit in order to improve their fitness which will obviously help them to develop their performance as well. After completing the present research researcher recommends about the awareness can be done regarding various fitness trends. Same study can be done on 25 plus age group.

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