

74 EFFECTS OF TWO MODES OF RESISTANCE TRAINING ON SPEED LEG EXPLOSIVE POWER AND ANAEROBIC POWER OF COLLEGE MEN STUDENTS

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The purpose of the present investigation is to find out the effects of two modes of resistance training on speed leg explosive power and anaerobic power of male college students. To achieve this purpose, 45 male students were selected from Alagappa Arts College, Karaikudi, Tamil Nadu as subjects. Their age ranged from 18 to 25 years. They were divided into three equal groups of 15 subjects each and assigned to experimental group I, experimental group II and control group. In a week, the experimental group I underwent plyometric training, experimental group II underwent circuit training and control group was not given any specific training. All the subjects underwent the test of speed, leg explosive power and anaerobic power. They were assessed before and after the training period of 8 weeks. The analysis of covariance was used to analyse the data. The study revealed that the speed, leg explosive power and anaerobic power were significantly improved due to the influence of two modes of resistance training.