

Fitness Training Design

The fitness training design has been set by the researcher formed on the basis of knowledge gathered from various available sports training literatures. The researcher has also followed the various principles, guidelines for the formulation, implementation and control of sports training while preparing the fitness training design. Although the study is to investigate and find out the comparative effect of free hand fitness training conducted through online and offline mode on selected motor fitness and physiological parameters among university level students, the researcher contemplates to emphasize on selected motor fitness variables like Speed, Strength, Endurance and Agility through the fitness training design. The researcher also wants to emphasize the area requirement for performing online and offline mode of fitness training while selecting the exercises.

Exercises – Initially the researcher starts with 4 to 5 exercises per session and gradually increases the number of exercises in further session up to 10 to 12 exercises per session till the last day of training.

Repetitions – Initially researcher starts with 10 to 12 repetitions < 15 repetitions per session and gradually increases the number of repetitions in further session up to > 15 repetitions in faster mode within stipulated time per session till the last day of training. Approximate timing of the repetition of single exercise shall be 30 to 60 seconds.

Sets – Initially the researcher starts with 2 to 3 sets of single exercises and increase gradually 4 to 5 sets of single exercises till the last day of training.

Rest in between sets – 30 to 60 seconds.

Rest in between each exercise – 60 to 120 seconds.

The researcher shall himself formulate, implement and control the whole process of six(6) weeks fitness training through online and offline mode for the students subjects.