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COMPARISON OF CARDIOVASCULAR EFFICIENCY BETWEEN ATHLETES AND WEIGHTLIFTERS

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ABSTRACT

The main purpose of the study was to find out and compare cardiovascular efficiency between athletes and weightlifters. Forty samples was selected randomly (twenty athletes and twenty weightlifters) from Pune club. For the purpose of establishing reliability of data the test for cardiovascular efficiency between athlete and weightlifter Harvard step test was used and average was recorded, as a final data. Average performance test of the cardiovascular efficiency of athletes were ±95.70 and the average for weightlifter were ± 79.98 respectively. Result reveled that there was no significant difference in cardiovascular efficiency between athletes and weightlifters. Independent "t" test was implemented for analysis of data. The result of this study revealed that there is no significant different in cardiovascular efficiency between athletes and weightlifters.

Key words: Cardiovascular efficiency, Athletes, Weightlifter.

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1. INTRODUCTION

Athletic is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking. The results of racing events are decided by finishing position (or time, where measured), while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world.

Olympic-style weightlifting is a sport that is inaccessible to many and misunderstood because of this. Rightly or wrongly, the sport is so difficult that many of its practitioners will develop the kind of attitude that turns off perspective participants. With this article, Jason is letting me put up a few things to try to expose more people to the sport, minus the politics and BS! Olympic-style weightlifters contest two lifts: the snatch and the clean and jerk.

2. METHODOLOGY

This was an experimental cum survey research which will be conducted to find out the cardiovascular efficiency of the male athletes and male weightlifter. This study will be confined to the professional male athletes and weightlifters in different professional club of Pune city. The purposive with random sampling procedure will be adopted to make the sample. The 20 professional male athletes and 20 professional male weightlifters will be taken to make a complete sample of 40 subjects with age of 21-25 year will be selected to form the sample of the study. For the data analysis Independent "t" test was used as statistical tool. The level of significant was 0.05. The data was analyzed by using descriptive statistics.

3. METHOD OF MEASUREMENT OF VARIABLE

Cardiovascular efficiency is considered as the variable for this study. The field test will be used to measure the selected variable from the male athletes and weightlifters'

Data Analysis

Table 1

Group	Subject	Mean	S.D.	SEM	MD	df	't' value
Athletes	20	95.70	8.89	1.991	15.72	38	1.62
Weightlifters	20	79.98	3.79	0.847			

4. DISCUSSION AND CONCLUSION

The result of Descriptive Statistics revealed that the average cardiovascular efficiency between athletes and weightlifters were 95.70 and 79.98 respectively, and standard deviation for athletes 8.89 and for weightlifter is 3.79. Level of significance is 0.05 the value of-'t' test required to be significant at 38 is degree of freedom This has been confirmed also that by applying-'t' test, on the application of 't' test was found that the calculated-'t' is 1.62, while tabulated value of 't' is 2.024 at 0.05 level and 38 is degree of freedom. It show that't' value (1.62) is less than table value (2.024), which is not statistically significant at $p < \mathbf{0.05}$ level.

- Hence from the analysis, it is known that there is no difference on cardiovascular efficiency between athletes and weightlifters.
- The result revealed that the cardiovascular efficiency between the athletes and weightlifters were same.
- Thus, the Null Hypothesis (Ho): There would not be significant difference in cardiovascular efficiency between athletes and weightlifters has been retained.

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