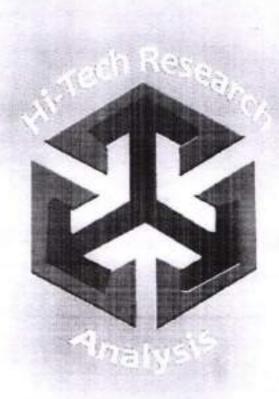
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RESEARCH ANALYSIS



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INDEX

Sr. No	Title for Research Paper	Page No
I	Ecofeminism and the Indian Novel- An Introduction Sarfaraj Osman Sayyed	1
2	Marketing of Library Products and Services for Library Development Jayant Hansaraj More, Dr. Vikram U. Dahifale	10
3	The Role of Ashtanga Yoga to Conserve The Players Health Dr. Dipak D. Bachewar	16
4	A comparative study for the effect of Isotonic, Isometric Exercise and Eccentric exercise on physical Fitness Dr. Charanjeetsingh D. Mahajan	19
5	मराठी संतो का हिन्दी काव्य रविशंकर दगडू रोकडे	27
6	महाराष्ट्राच्या अर्थव्यवस्थेची वैशिष्ट्ये	32
7	शेतमजूरांच्या कमतरतेमुळे महाराष्ट्रातील शतीत झालल्या बदलाचा अभ्यास	40
8	भारतातील जातीबध्द विषमता आणि राजकीय आरक्षण डॉ. एन. बी. पोहकर	46
9	महिला सबलीकरण आणि शासनाची भूमिका एक सामाजिक चिंतन	52
10	म्रष्टाचार समस्या आणि उपाय एक समाजशास्त्रीय अभ्यास डॉ. एस. एन. सातव	58



A comparative study for the effect of Isotonic, Isometric Exercise and Eccentric exercise on physical Fitness

Dr. Charanjeetsingh D. Mahajan

Dept. of Physical Education, Narayanrao Chavan Law College, Nanded, Dist. Nanded

Research Paper - Physical Education



ABSTRACT

The purpose of the study was to find out the comparative effects of isotonic, isometric exercise and eccentric exercise on physical fitness. The study was delimited to 75 subjects only, 25 subjects in each group i.e. isotonic, isometric exercise group, eccentric exercise group, and control group. Equated group design was employed for comparatively analyzing the effects of isotonic, isometric and eccentric exercises i.e. exercises with weight on physical fitness. The subjects were divided into three equal groups following matching process. Each group were comprised of 25 subjects. All the three groups were administered AAHPER Youth Fitness Test before and after an experimental period of eight week.

Key words: Isotonic, isometric, eccentric.

Introduction:

In order to have a clear Concept of the word 'Sports Training', it is also essential to understand the meaning of the terms 'conditioning' and 'coaching'. Conditioning is a process of gradually preparing the body for strenuous physical activity thus focusing attention on development of physical and motor fitness components (strength, speed, endurance, flexibility, coordinative abilities) and indirectly enhancing sports performance. The term 'Coaching' refers to providing help so that a person can execute his job efficiently.