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

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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.