

**IMPACTS OF INTENSIVE AND EXTENSIVE INTERVAL TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE MEN STUDENTS**

**\*Savarirajan, R.**

Director of Physical Education, Arignar Anna Govt. Arts and Science College,  
Karaikal, Puducherry State, **INDIA.**

**Email:** savariphd@yahoo.com

*(Received November, 26, 2014, accepted December 15, 2014)*

**ABSTRACT**

*In the modern scientific age, sportsmen are being trained using highly sophisticated means for better achievement in their concerned sport. They are being exposed to the exercise and training methods which have proved beneficial for achieving high standards. The purpose of the study was to find out the impacts of intensive and extensive interval training on selected physical and physiological variables among college men students. The training programmes for sports are to be designed that they may favourably affect the physical and physiological variables associated with high performance capacity in that sport. The study was formulated as a true random group design. The subjects (n=30) were randomly assigned to three equal group of ten men students each. The college men students of Arignar Anna Govt. Arts and Science College, Karaikal, Puducherry State were divided into three equal groups namely Control Group (Group I) Intensive interval training (Group II) and Extensive interval training (Group III). The subjects were tested in order to find out speed, Explosive Power, Pulse Rate, and Breath Holding Time. The experimental group participated in intensive and extensive interval training for the period of six weeks. Dependent variables are Physical Variables (Speed, Explosive Power), Physiological Variables (Pulse rate, Breath holding time). Independent variables are Intensive Interval Training and Extensive Interval Training. The pre and post test design employing ANCOVA technique was adopted. Intensive and Extensive interval training equally improved for the following factors of physical variables namely speed, explosive power. The six weeks of Intensive and extensive interval training might be significant improvement in speed, and explosive power, among the college men students. Intensive and extensive interval training equally improve for the following factors of physiological variables. The intensive and extensive interval training might be significant improvement of physiological variable resting pulse rate and breathe holding time among college men student.*