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***Abdussalam Kannian****King Fahd University of Petroleum & Minerals, Saudi Arabia*

Effect of combined aerobic strength training and SAQ training followed by detraining on selected variables of soccer players

The purpose of the study was to examine the effect of combined aerobic training and SAQ training followed by detraining on selected bio-motor abilities of University level soccer players. For the study, 30 male university level soccer players, were selected as subjects. The selected bio motor variables were explosive strength, speed, speed endurance, strength endurance and agility which were tested by using vertical jump, 30 meters dash, 400 meters run, sit ups, and shuttle run respectively. The training seasons were pre-season, in season and off season. Analysis of covariance was applied to find out the level of significance which was fixed at 0.05 levels. The F values were strength (12.97), speed (3.21), endurance (13.0), and agility (12.99). Results showed that SAQ training and combined aerobic strength training helped to improve bio motor abilities. It is revealed that agility and speed endurance were developed through SAQ training and 2 weeks of detraining program makes significant improvement in the bio motor variables.

Biography

Abdussalam Kannian is a 1st rank holder and gold medalist in his Master's degree examination who has extensive experience in academic teaching for the past 20 years. He has presented papers in many international conferences all over the world in many countries like USA, Germany, Australia, UK, China, Turkey, Spain, Malaysia etc. Being a research Supervisor, he has produced excellent research works and published them in many reputed journals. He has been serving as an external adjudicator for many foreign universities for evaluating doctoral research theses. He is serving as the Editorial Board Member of more than 6 international journals and is a member of many international bodies. In addition to the exposure in his alma mater, he has an exemplary achievement in community service. He is serving as the Chairman of International Indian School, Dammam, which is biggest of kind in the world with 19000 students.

salammanu@gmail.com

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