

Schoolboys of Different Blood Types' Athletic Performance. Affect

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ABSTRACT

Football is a popular sport that calls for a variety of physical, physiological, and performance abilities. The benefits of activity are not limited to those listed below. Fit children have strong muscles, which are very important for excellent posture and stable joints; they have greater balance, coordination, and flexibility, and they excel in skill-related aspects of fitness; and since exercise increases bone density, fit children have a lower risk of bone fractures. To study on the relation to topic of the paper. The Physical Variable Agility was significantly got improvement due to Twelve weeks of Circuit Training (Experimental Group - I) & Resistance Training (Experimental Group - II) & Combined Training (Circuit Training and Resistance training) (Experimental Group III) among football players when compared to the control group. The combined training consisted of twelve weeks of Circuit Training and Resistance Training.

KEYWORDS: Blood Types' Athletic Performance

I. INTRODUCTION

Football is a popular sport that calls for a variety of physical, physiological, and performance abilities. The benefits of activity are not limited to those listed below. Fit children have strong muscles, which are very important for excellent posture and stable joints; they have greater balance, coordination, and flexibility, and they excel in skill-related aspects of fitness; and since exercise increases bone density, fit children have a lower risk of bone fractures. Aside from the obvious benefits to one's body, engaging in regular physical activity also produces a wide range of more subtle talents. Children who take part in sports and other physical activities are better able to communicate and work together with their peers. They do this by cultivating a strong feeling of purpose and self-fulfillment, which in turn helps them establish their own sense of self-worth. Their first attempt at doing circuit training consisted of a few stations that were organised in a circle. This was done so that they could engage different muscle parts in rotation as they moved from station to station. As the popularity of circuit training increased, more and more authors started to write about it and share their findings. (Maniazhu, and Sudha, 2020).

The heights that great men acquired and maintained were not attained by a rapid flight; rather, they laboured upward in the night while their company slept. This was done when the company slept. Both change and challenge are two words that have an impact on every facet of a person's life. Shift is occurring in every aspect of life, and as a direct result of this shift, new difficulties are emerging. This world, and everything in it, including the human mind, behavior, attitude, and desires, has a tendency to change. The human mind will always be drawn to exciting new experiences, and a man can demonstrate his mettle as a hero in either the sporting or literary worlds. As an athlete makes use of various training methods, he constantly switches from one process or training gadget to another that turns out to be more beneficial to him. For an athlete to be able to accomplish his or her duty with vim and alertness without undue exhaustion, physical fitness is an essential trait that must be had. Personal fitness refers to an individual's capacity to lead a satisfying and well-rounded life. It involves the body, the mind, the emotions, and the spirit, as well as the capacity for all of these to be expressed in a healthy way. There are three fundamental aspects of physical fitness, which are as follows:

1. Muscular power
2. Muscular strength
3. Endurance in both the cardiovascular and respiratory systems

Sprinting requires a basic level of strength, speed, and endurance, which are all three traits that may be developed. "Sprinting is a form of high-powered running, and the muscularly gifted guys who are able to compete successfully in it are high-powered athletes. The 100-Yard dash is equivalent to the 100-Meter dash in sprinting. Even while competitors in the 220 yards, 200 meters, 440 yards, and 400 metres may not run at their maximum speed, these races can still be considered sprints because speed is the primary component in each of these distances. "Function is what gives an organ its identity." When muscles are engaged, they gain strength, which further increases the muscle's overall strength. The ability to sprint faster may be improved by increasing strength. Increasing one's fundamental strength can be accomplished through the utilisation of a variety of training gadgets.

According to o' shea, a system of continuous exercise is produced when the skills of weight lifting are combined with the concepts of 'circuit training,' which results in a considerable improvement in cardiovascular respiratory efficiency and muscular endurance. The athletes may be able to improve their strength and endurance through the use of circuit training by either increasing the number of repetitions of each exercise that they perform at each station or by performing the required frequency of exercises for a shorter amount of time. The athletes can improve their strength and endurance by gradually cutting down the amount of time it takes them to complete the circuit if the work load is held constant throughout the process. According to Johnson and Stolberg, the benefits of doing circuit training are as follows:

1. It is possible to provide lodging for a very big number of guests at the same time.
2. Each person works at his or her own pace, up to their respective capacities.
3. The objectives are not only attainable in the short term but also simple to evaluate.
4. "Target time," which refers to the attempt to finish the circuit within a particular maximum amount of time, serves as a powerful motivating force.

GAME OF FOOTBALL

Football is not a game that must be played at the risk of one's life. It is significantly more significant than that. It is broadcast in virtually every country, and millions of people tune in to watch it every week. It is believed to be one of the oldest sports, and it is the direct ancestor of other sports that are quite similar to football, including American football, Canadian football, rugby, and a few others.

Football is consistently ranked as one of the most popular sports played all over the world. The first recorded instance of the game was played in England around the 12th century, but it was outlawed by King Edward II in 1324. People were forbidden from playing football by his successor Edward III in 1349, Richard II in 1389, and Henry IV in 1401. This was also the policy of the rulers of Scotland at the time. In the beginning, there were no set guidelines for how the game should be played. Every squad competed according to its own set of guidelines. In 1862, Thring and Dewinton made an effort to design a consistent set of regulations for the game of football, and in 1863, those rules were amended. The first set of football rules was drafted in 1862. In the year 1864, the Football Association of England was established, and new guidelines for playing the game were written.

England and Scotland competed against one another in a football match for the first time ever on an international level. On May 21, 1904, delegates representing seven countries got together to form the Federation Internationale de Football Association (FIFA) in response to the ever-increasing popularity of the sport. (FIFA). The first FIFA World Cup was held in Montevideo in 1930, and it was organised by the organisation now known as FIFA. As a result of football's meteoric rise in popularity across the globe, the FIFA presently counts over two hundred countries as members.

The game of football, as it is played today, has undergone a tremendous improvement since its beginning. Of all the events that have occurred throughout human history, the one that has attracted the largest audience was not a significant political occasion nor a special celebration of some complicated achievement in the art or science. Instead, it was a straightforward game, a football match. If we give it the attention it deserves, we may come to the conclusion that each football game represents a complicated symbolic event quite quickly. The fact that it's not overly complicated is one of the game's strongest points. At its most fundamental level, all that is required is a ball, an open area, and something to serve as a goal post in that open space. There is no other activity that is both so simple to participate in and so immediately motivating. The fact that football is such a quick-paced and fluid game is one of the things that makes it one of the most thrilling sports. Because the rules are straightforward and players are well versed in the many strategic maneuvers, every single moment of play appears to be completely unpredictable to spectators. Despite this, nobody can ever know for certain what the subsequent events will be. The game never has a chance to kick back and take it easy. Everything can shift dramatically in a second. The sport of football has come a very long way, and there is little indication that it will ever return to the safe haven of its number regions' playrooms. The game of football will always have a role in society so long as people are able to worry about anything other than simply staying alive. (Morries, 1981).

In the sport of football, eleven players work together to try to move a round, inflated ball towards and between the goal posts of the opposing team and under its cross bar. This can be accomplished by dribbling, kicking, striking, or pushing the ball, any of which are legal actions.

The British colonisers were responsible for introducing the sport of football to India. It enjoyed widespread acclaim among the general public. It wasn't until 1937 that the All India Football Federation (AIFF) was established. In the year 1880, those individuals organised and played in the very first football competition. Before 1893, it was known as the Durand Football competition; after that year, the name was changed to the Indian Football Association Sheild. Since its inception in 1941, the annual national football championship for the Santhosh Trophy has been played in a variety of locations across the nation. The games are played for the trophy that bears the name of the tournament. In 1977, the year of its inception, the Federation Cup Football Competition was first played. The Durand Trophy, Rovers Cup, Delhi Cloth Mills Cup, Stafford Challenger Cup, Bangalore, G.V.Raja Memorial Cup, Trivandrum, Nehru Trophy, Santhosh Trophy, Junior Nacional Championship, and Sub

Junior National Championship tournaments are among the most well-known competitions in India. (Thomas, 1964)

HISTORY OF BLOOD GROUP

In the year 1900, Karl Landsteiner discovered that the blood of two people who come into contact with one another will agglutinate. The following year, in 1901, he discovered that this effect is caused by the interaction of blood with blood serum. As a consequence of this, he was able to correctly identify the three blood groups found in human blood: A, B, and O, which he referred to as C. In addition, Landsteiner discovered that blood transfusions between people of the same blood group did not result in the destruction of blood cells, however transfusions between people of different blood groups did result in the destruction of blood cells. Reuben Ottenberg, a physician at Mount Sinai Hospital in New York City, is credited with performing the first successful blood transfusion in 1907. His work was published in 1907.

People with blood group AB are able to accept contributions from people with other blood groups, while those with blood group O are able to donate to all other blood groups. This information is common knowledge in today's society. People who have the blood type AB are considered universal recipients, whereas individuals with the blood type O are considered universal donors. Because individuals with blood type AB do not develop antibodies against either blood group A or B, it is possible for them to participate in donor-recipient relationships. In addition, individuals with blood group AB do not have immune systems that reject the donation because type O blood lacks either characteristic A or B. These individuals are able to accept the donation. In acknowledgement of these accomplishments, Landsteiner was presented with the Nobel Prize in Physiology or Medicine in the year 1930. As a result of his ground-breaking contributions, he is commonly referred to as the father of transfusion medicine.

1.7 BLOOD GROUP AND ITS CHARACTERISTICS

People that have the blood type A are typically helpful, sensitive, clever, passionate, and intelligent. They also likely to have red blood cells. They may keep their feelings bottled up until they burst, as they frequently repress their anxieties in order to maintain positive relationships with other people. Many people are stressed out, impatient, and unable to sleep soundly as a result. Even while they are capable of taking on leadership roles, it is possible that they will choose not to do so because the stress would be detrimental to their highly interconnected systems. Many studies relating to the "A" type of blood groups have been conducted in Japan; these studies play important roles in advancing the fields of science, economics, manufacturing, and other areas. Their study on microflora and other fields of medicine is among the most comprehensive and cutting-edge in the whole wide world. To say the least, they strive for nothing less than perfection. About 34% of people in the universe have a positive blood group "A" blood type, while just 6% have a negative blood type.

People who have the blood type 'B' tend to have a balanced personality; they are thoughtful, like those with the 'A' blood group, but they are also ambitious, like those with the 'O' blood group. They are sympathetic and easily grasp the perspectives of others, but they frequently avoid challenging or confronting others because of this ability. Because they can change their appearance and are adaptable, they are terrific buddies. Peter D' Adamo discovered that despite having a robust immune system, these individuals have a higher risk of developing slow-growing viral illnesses such as lupus and chronic tiredness. They may also experience issues with hypoglycemia and blood sugar, particularly if they consume foods that are not appropriate for their needs. They exhibit a tremendous deal of talent and promise when faced with challenging circumstances. About nine percent of people in the universe have a positive blood group B, while just two percent have a negative blood group B.

OBJECTIVE OF THE STUDY

1. To the study on the blood group and its characteristics
2. To the study on the circuit and weight training affect schoolboys of different blood types' athletic performance

People who have the blood group AB are typically known for their magnetic personalities and large social circles. They do not get worked up over little matters and have an air of spirituality about them. People with the blood type "AB" need to have the ability to solve problems in order to overcome psychological challenges such as stress, tension, anxiety, and so on. In the universe, around 4% of people have a positive blood group "AB," while just 1% have a negative blood group "AB." In the life of someone with blood group "AB," there is never a dull moment. They have a higher level of strength and activity compared to blood group type "A."

People who have the blood group O are typically introverts or leaders who are also intuitive, focused, self-reliant, and optimistic. They have a tendency to be loners. They have a strong immune system, a well developed physique, and a natural tendency to be physically active. They are also better able to handle the problems associated with stress than other blood groups. People who have an O blood type have a slow blood flow and benefit more from strenuous activities in their day-to-day lives.

II. CONCLUSION

The Physical Variable Agility was significantly got improvement due to Twelve weeks of Circuit Training (Experimental Group - I) & Resistance Training (Experimental Group - II) & Combined Training (Circuit Training and Resistance training) (Experimental Group III) among football players when compared to the control group. The combined training consisted of twelve weeks of Circuit Training and Resistance Training. In terms of improvement, the combination training group performed much better than the circuit training group and the resistance training group.

The Physical Variable Strength was significantly improved due to Twelve weeks of Circuit Training (Experimental Group - I), Resistance Training (Experimental Group - II), and Combined Training (Circuit Training and Resistance training) (Experimental Group III) among football players when compared to the group that served as the control. Combined Training consisted of both Circuit Training and Resistance training. In terms of improvement, the combination training group performed much better than the circuit training group and the resistance training group.

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