THE EFFECTS OF CIRCUIT TRAINING PROGRAM ON MUSCULAR ENDURANCE COMPONENTS BY WOMEN COLLEGE STUDENTS

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ABSTRACT

The purpose of this study is to investigate the effects of circuit training program on muscular endurance by 60 women college students. A quasi-experimental design was adapted for this study, using pre and post test control group design. Before the commencement of the study, an independent T-test analysis was conducted on the pretest data of both groups. It was found that there was no statistically significant different in the mean scores between control group and experimental group at p<0.05. Then, from the paired T-test analysis, there were no statistical significant differences in muscular endurance within control group. But for experimental group, muscular endurance showed a significant difference between pre and post test data. Hence, the circuit training program had an effect on the muscular endurance component. While using the independent T-test analysis on both groups, there were not significant difference in the post test mean score for control group and experiment group for muscular endurance component. In summary, all the subjects do have some changes, but the effects of intervention program were not significant enough to be conclusive.

Key words: Circuit Training Program, Muscular Endurance Components, Women College Students.

Introduction

In order to develop physical fitness, Pete & Hohn (1994) suggested an intervention program which involved physical activities in three or more days per week for 20 minutes per session at a heart rate of at least 60% maximal heart rate. The type of physical activity and duration depended on

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