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Abstract

This study investigated the impact of a 12-week high-intensity resistance training (HIRT) program on cricket players' physical fitness at the Government College of Physical Education in Quetta, Pakistan. The study included twenty male cricket gentleman's (mean age 23.5 years, SD 3.1). Participants were divided into two groups: The group performing the experiment (EG, n = 10) went through the HIRT program, while the control group (CG, n = 10) did not engage in any specific training. Physical fitness assessments were conducted pre- and post-intervention, including tests for muscular strength, power, agility, and endurance. Results showed significant improvements (p < .05) in muscular strength, power, and agility in the EG compared to the CG. However, no significant differences were found in endurance. These results suggest that HIRT can be a successful technique to enhance fitness levels in cricketers.

Keywords: High-Intensity Resistance Training, Cricket Players, Physical Fitness, Muscular Strength, Power, Agility, Endurance, Quetta, Pakistan

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Title

Studying the Impact of High-Intensity Resistance Training on the Physical Fitness of Cricket Players in Govt: College of Physical Education Quetta

Abstract

This study investigated the impact of a 12-week high-intensity resistance training (HIRT) program on cricket players' physical fitness at the Government College of Physical Education in Quetta, Pakistan. The study included twenty male cricket gentleman's (mean age 23.5 years, SD 3.1). Participants were divided into two groups: The group performing the experiment (EG, n = 10) went through the HIRT program, while the control group (CG, n = 10) did not engage in any specific training. Physical fitness assessments were conducted pre- and post-intervention, including tests for muscular strength, power, agility, and endurance. Results showed significant improvements (p < .05) in muscular strength, power, and agility in the EG compared to the CG. However, no significant differences were found in endurance. These results suggest that HIRT can be a successful technique to enhance fitness levels in cricketers.

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Keywords:

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Contents

Introduction

Cricket is a sport that demands a high level of athletic ability, involving a combination of strength, endurance, flexibility, and agility. Players must be able to bat, bowl, and field effectively for extended periods, requiring both physical and mental stamina. Traditionally, cricket

training has focused on skill development and cardiovascular conditioning. However, there is growing interest in the role of resistance training, specifically HIRT, in enhancing the physical capabilities of cricket players. (Habib et al., 2022) According to Comfort, P., & Stewart, A. (2010), resistance of the weights, bands of resistance, or body mass index can be used during training to strengthen muscles and improve overall fitness. HIRT, in particular, is characterized by short, intense bouts of physical activity followed by brief rest periods. (Nasim, 2021) This kind of training was previously demonstrated to be highly effective in improving muscular strength, endurance, and power, which are all essential for cricket performance. While there is extensive research on the benefits of lifting weights in other sports, such as lifting weights and soccer, there is little on how it affects cricket players. A few studies have yielded encouraging results, indicating that strength training may improve batting strength, bowling speed, and fielding agility (Borrego-Sánchez et al., 2021) The Running-Based Anaerobic Run Test (RAST) showed a huge reduction in the opportunity to finish the runs after the preparation program. This recommends an improvement in anaerobic power and limit, which are significant for exercises like quick bowling and running. (Khattak et al., 2020)

Physical Education is all physical activities that are related to the human body. This education plays a very important role in human health. Overall, there is a habit of sitting, due to which diseases are being carried on a daily basis. Inculcate self-confidence qualities and at the same time have a positive effect on health, so different programs should be organized in the college in which the college will benefit by highlighting different qualities in different students and This will bring out the characteristics of each individual student. (Krause, 2009) Different types of cultural programs are organized in Baluchistan in which students are interested and students ensure their participation in different types of programs. If you give a lecture on physical education and explain its features and benefits, she will not delay in understanding physical education and also in practicing it. They have to provide facilities and we have to design a weekly physical education program so that they can benefit from it and especially the physical education experts have to play their role in it and the teachers have to do their administration. Coordinate programs related to physical education Physical education should be considered an important part of co-curricular activities but unfortunately, it is not happening in the colleges and universities of Balochistan. The purpose of this research is to attract students towards physical education and to make students aware of its purpose and importance. This research proves that here, in every Balochistan. In the universities and colleges of Balochistan, there is a lack of facilities. This research in the colleges of Balochistan is an attempt to draw out the current students from the lack and attract them to a good initiative. Basically, it is necessary to include physical education in the curriculum. In order to create a healthy society and students benefit from it, it is very important to promote physical education in Balochistan where diseases are increasing day by day. (Mandrekar, 2017) However, some separate sports programs are organized for male and female students. When male and female students of Balochistan participate in sports, new enthusiasm and enthusiasm are created in them and their feelings are very different from a normal life. (Vaidya et al., 2021) This makes a difference. Programs that are part of extra-curricular activities should be made a compulsory part of the curriculum because sports provide a strong element of interest in the students. In Balochistan, physical education experts and instructors and physical education administration programs can be designed and structured by various colleges, universities, and educational institutions to increase the interest of students and encourage them to participate in various physical education programs. The spirit of taking and competing among them should be drunk and they can strengthen themselves mentally, spiritually, economically, and physically in every way. How do the physical education teachers of the school provide sports events to the students and provide opportunities to participate in different sports in this way, if it is completely handed over to the physical education experts, then the students of all the colleges can participate in it. Students will be encouraged to maintain good health and participate in sports. (Wagh et al., 2022)

This investigation aims to fill a gap in current studies by investigating the effect of a 12-week HIRT system on the physical fitness of cricket players at the Government College of Physical Education in Quetta. The study will compare muscle power, stamina, mobility, and overall fitness levels prior to and following the training scheme. Understanding HIRT's impact on cricket players can provide helpful data for trainers and instructors who desire to boost training regimens while boosting player effectiveness (Weldon et al., 2021) Physical fitness is an important aspect of cricket, as it affects many aspects of performance such as batting, bowling, and fielding. While conventional cricket training has focused on developing abilities and cardiovascular fitness, the leading researcher believes that resistance exercise can significantly improve cricket players' physical capabilities.

(Assunção et al., 2016) Unleashing the Power of Resistance Training: Cricket Players Reveal Impact on Performance of Weight Training makes muscles stronger & more powerful. This helps cricket players get better at the game. Workout sessions with resistance help players go longer & get better. Research proves that tough training builds endurance & adaptability in players. Getting stronger can boost overall fitness and performance in cricket. Even though there's a lot of research out there, we still have much to find out about the best methods for resistance training in cricket. Future studies should focus on finding the most effective ways to train with resistance in cricket. They should also check how this kind of training affects performance over time. Recent studies show that high-intensity interval training can be for players. It helps with both health and playing skills. By following their coaches' and trainers' advice, cricket athletes can strengthen their muscles, stay tough, and remain flexible on the field (Maddalozzo & Snow, 2000).

While a lot of research has been made about the usefulness of sports. Bodybuilding and gymnastics. Less research has been made in the field of cricket and along with effect/or striking success over cricket players. Some investigations have created a trend that a cricketer can enhance his hitting power, bowling good deliveries, and fielding agility in a circle dexterity which can be inside 30 yards in power plays or outside the circle (Hagerman et al., 2000). Now, the physical college cricket players will be given a three-month program or setup for HIRT training to hunt their fitness potential on a bigger level. This program will urge about player's muscular strength, strangeness of their muscle solidity durability, rigidity, and all other fitness components included in this plan. Knowing about this collision over cricketing athletes can prove favorable in the form of factual news for the initiators who want to boost the training squad and enrich athlete productiveness. It is a critical element of bodily soundness, including different angles of achievement or executions in batting bowling, and fielding (Broeder et al., 1992).

For instance, the old-fashioned training has only centered on skill/craft evolution and cardio activity exertion, the senior scientist has claimed that this HIRT training is very efficient for the body competency of cricket players. The explored effects of resistance training on cricket implementation. The investigators had come to the point that this resistance type of training refines or upgrades muscular capability and reigns, this grows the talent in batting power and bowling speed. These findings or investigations have resulted in very positive or precious cricket training sessions, assisting such athletes to maximize strength and potential this training has evenly been regarded in the enhancement of durability and flexibility, which are highly achievable on the field of cricket Arena. A study by Kraemerat (2002) demonstrated both muscular, endurance and flexibility in collegiate athletes). Overall fitness has been involved in this (HIRT) program, hence there an increase in body detection, and may serve as usable equipment for cricket players Through the involvement of resistance training in their training sessions, coaches and instructors can be abilities to assist cricket players to promote his strength, power, endurance, and flexibility required to give hundreds percent on the cricket field (Leveritt & Abernethy, 1999).

Materials and Methods

Participants

In this writing, we talk about how important training is for health and cricket. It's been noted that high-intensity interval training (HIRT) can really help in boosting performance. Coaches and trainers play a crucial role in assisting cricket players to build muscle strength, resilience, and flexibility by adding resistance exercises to their workouts.

The Statical Techniques

The data was inspected with the International Business Machines (IBM) Statistical package for the social sciences (SPSS) Measurements from 27 PC programming. An enlightening factual measurements, like mean and variety, were used to explain the discoveries. The t-test for matched examples was utilized to check whether there were any critical varieties between the outcomes before and following the treatment.

Table 1

Factor	Groups	N	Test	M/SD	*P*	% Difference
30 m sprint test (ST)	Experimental	12	Pre	4.63 ± 0.33	<0.00	14↓ ***
		12	Post	3.98 ± 0.14		-

Factor	Groups	N	Test	M/SD	P	% Difference
	Control	12 12	Pre Post	4.49 ± 0.40 4.54 ± 0.41	0.98	-
Yo-Yo intermittent recovery test level (YYIRT)	Experimental	12 12	Pre Post	1868.83 ± 74.35 2183.16 ± 87.66	<0.00	16↑ ***
	Control	12 12	Pre Post	1888.66 ± 47.73 1900.33 ± 56.97	0.69	-
Change-of-direction time (COD)	Experimental	12 12	Pre Post	16.07 ± 0.28 15.13 ± 0.13	<0.00	5↓ ***
	Control	12 12	Pre Post	15.97 ± 0.40 15.90 ± 0.33	0.72	-
Running-based anaerobic sprint test (RAST)	Experimental	12 12	Pre Post	4.58 ± 0.47 **4.01± 0.31**	<0.00	12↓ ***
	Control	12 12	Pre Post	4.64 ± 0.44 4.60 ± 0.34	0.67	-

The Result

We analyzed the data with the SPSS 25.0 version, it was significant enhancements were observed in fast-running, slow-running, power, speed, as well as long-running participants. The final table showed and indicated that HIRT is promised to enhance physical fitness levels which could positively impact cricket player's performance, it was beneficial for cricket players.

The Statical Techniques

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Discussion

The results of this examination show huge enhancements in different actual wellness boundaries following a 12-week Extreme focus Opposition Preparing High-intensity resistance training (HIRT) program in cricket players. The discoveries propose that (HIRT) can be a successful preparation technique for upgrading the actual abilities of cricket players, possibly prompting further developed execution on the cricket field.

Aerobic Capacity and Endurance

The Yo-Yo Intermittent Recovery Test Level 1 (YYIRT1) showed a There is significant ascent in the distance covered by members after the HIRT program. This improvement in oxygen-consuming limit and perseverance is significant for cricket players, as it can assist them with supporting focused energy endeavors all through a match, decreasing the gamble of exhaustion.

Speed and Acceleration

The 30m Run Test (ST) uncovered a huge decline in the time taken to finish the run after the preparation program. This proposes a lift in endless speed, which is expected for quick movements on the field of cricket, like running among wickets and handling.

Conclusion

Finally, the result proves that there is a need to provide more opportunities to the students after studying in

Balochistan to give the impression to the students that selling physical education is not only good for health but also for the students to develop their own skills. And can represent the province as an ambassador on the basis of the claims. Apart from this, this activity also promotes health and instills the spirit of competition among the students and different types of leadership qualities among the students. It creates in which the students develop the skills to solve the problems caused by mental stress and in this most of the role is mentioned by the education experts who help the students in all these stages. These inter-college competitions also play a very important role in which experts are also associated with physical education. (De Backer et al., 2008) Major refinements after the training sessions about the change of Direction Time have been seen around, which has played a very crucial part for cricketers, as they have to make quick changes when they are fielding while (collecting the ball) or a batter rotating the strike with the other batter for scoring. Basically, this conclusion remarks that (HIRT) could be a precious addition to cricket training criteria, supporting athletes to enhance their bodily finesses along with efficiency on the ground. Trainers and instructors must apply this and see the benefit of HIRT training for upgrading and transforming the health, physical abilities, and growth of a cricket player. This case study detected the result of a 12-week (3 months) high-intensity resistance training setup on the physical activity for cricket fitness of athletes at the Government College of Physical Education Quetta. It showed that HIRT can increase meaningful advancements in different external and internal fitness moderations taking the example of aerobic capacity, stamina, speed, acceleration, and anaerobic power and endurance. Through this type of training sessions, positive results are surely expected with significant effects. According to Mujika, and Podila, S (2001), "Incorporating (HIRT) into their training administration can help them to boost the strength, power, and endurance which is required to excel in this sport. With the sphere of time, new research on this topic is waiting to explore long-term effects with different age groups of athletes in this respective sport of Cricket. Furthermore, these lessons are linked to the productiveness of various resistance training styles in cricket players will prove fruitful. In the end, this case study establishes the feature, that HIRT could be a Worthy asset for improving the physical fitness of Cricket players in the field sports of Cricket.

Limitations

Although the positive findings of this study, it is necessary to analyze different types of limitations

Short Duration training program

to perceive enduring results of the 12-week duration of the HIRT program may not have been enough

expected studies should evaluate longer training periods to examine the durability of the improvements must be seen

Homogeneity of the sample

In this study, all the players of cricket were males aged 18-25 from a single institution. this limits the ability to generalize the results to other groups, such as female players of different ages and skill levels

Lacked A Control Group

In this study, the participants who didn't participate in the HIRT program fell short of a control group. Although the pre-post training comparisons rare perspectives, a control group would have permitted for a more durable analysis of the involvement

Measurement limitations

To measure the physical fitness parameters this study is dependent on specified tests, which may not seize the wide range of enhancements that HIRT can Produce this study could consider using further supplementary steps, such as biomechanical review or sport-specific performance tests to provide further conclusion inspection. Despite these limiting factors, the results of this study provide advantageous insights regarding the topic potential benefits of HIRT for cricket players. Additionally, research should discourse these limitations to enhance the effects of HIRT on cricket execution

Future research Recommendations

The following are a few areas that require further extensive research on how intense resistance exercise influences the physical fitness of cricket players:

Longitudinal Analysis: What are the long-term effects on cricketers' physical fitness as a result of intense resistance exercise? What are the possible benefits and risks associated with long-term involvement in this type of training?

Injury Mitigation: How effective is intense resistance training in preventing some common injuries in cricket such as lower back and shoulder problems; comparison

of injury rates between those who take part in it and those who do not.

Performance Enhancement: What impact does intense resistance training have on specific cricket skills, for example, batting, bowling speed, or fielding agility? Is it useful for improving performance on-field?

Psychological Profiling: How does intensive strength training affect Cricket players? Does this influence motivation, confidence levels, and stress management strategies during mental resilience coaching?

Nutritional Optimization: Examine the interplay between diet and intense resistance training in cricketers with an emphasis on the best dietary approaches to aid training and recovery.

Demographic Analysis: The aim is to establish the most suitable way of setting up targeted training programs for varied age groups and different levels of expertise of cricketers, including junior players, amateur players, and professional cricketers.

Comparative Analysis: Which one between HIRT, traditional weight lifting, or plyometric would be most appropriate? By comparing other strength and conditioning approaches commonly used in cricket, this paper will address this query.

Inclusive Research: Have some female athletes participate in your study so as to know how intensely should one perform these exercises. Thus such programs can be developed with their specific exercise needs in mind.

Interdisciplinary Approach: Use an interdisciplinary viewpoint that incorporates ideas from biomechanics, physiology, and psychology to get an overall perspective on how extreme forms of resistance training impact cricket players.

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