

EFFECT OF WEIGHT TRAINING PROGRAM ON COLLEGIATE WEIGHTLIFTERS LOWER EXTREMITY STRENGTH

Akahay Pandurang Ugale¹ and Sunil Mahavir Pandhare²

¹Research Scholar

MSM's College of Physical Education, Research Center,
Dr. Babasaheb Ambedkar Marathwada University, Chh. Sambhajinagar. (MS)
Email Id.:narendramundhe6660@gmail.com

²Research Supervisor & Director

Department of Physical Education & Sports
Smt. S.K. Gandhi Arts, Amolak Science & P.H. Gandhi Commerce College,
Kada, Tq Ashti Dist. Beed (MS) Email Id.:pandharesunil752@gmail.com

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Abstract

This study investigates the effect of a 12-week weight training programme on the lower extremity strength of collegiate male weightlifters aged 18-25 years, assessed via the Standing Broad Jump (SBJ) test. Forty participants were randomly assigned to an experimental group (n=20) undergoing a structured weight training programme and a control group (n=20) continuing regular activities without additional training. Pre- and post-intervention SBJ measurements were recorded, and data were analysed using paired and independent t-tests. The experimental group showed a statistically significant improvement in SBJ distance ($p < 0.05$), with a mean increase of 15.2 cm, compared to a negligible change in the control group (mean increase of 1.3 cm). These findings suggest that a structured weight training programme effectively enhances lower extremity strength in collegiate weightlifters. This study provides evidence supporting the inclusion of weight training in athletic conditioning programs.

INTRODUCTION:

Lower extremity strength is a critical determinant of athletic performance, particularly in sports like weightlifting that demand explosive power and stability. Weight training has been widely recognised as an effective method to enhance muscular strength and power, yet its specific impact on collegiate weightlifters in the Indian context remains underexplored. The Standing Broad Jump (SBJ) test, a reliable measure of lower extremity explosive strength, is commonly used to assess athletic capabilities. This study aims to evaluate

the effect of a 12-week weight training programme on the lower extremity strength of collegiate male weightlifters aged 18-25 years, hypothesising that the experimental group will exhibit significant improvements in SBJ performance compared to the control group.

2. Methodology

2.1 Participants

Forty (40) male collegiate weightlifters (age: 18-25 years) from Chh. Sambhajinagar. Participants were healthy, with no recent injuries, and had at least one year of

weightlifting experience. They were randomly divided into two groups:

Experimental Group: n=20, mean age=21.3 ± 2.1 years

Control Group: n=20, mean age=21.5 ± 1.9 years

2.2 Study Design

A two-group pre- & post-test experimental design was employed. The Experimental Group underwent a 12-week weight training programme, while the Control Group maintained their regular activities without additional intervention.

2.3 Intervention

The weight training programme for the Experimental Group consisted of five sessions per week for 12 weeks. Each session lasted approximately 60-75 minutes and included:

Warm-up: 10 minutes of dynamic stretching and light cardio

Exercises: Squats (4 sets x 8 reps, 70-85% 1RM), Deadlifts (3 sets x 6 reps, 75-80% 1RM), Lunges (3 sets x 10 reps per leg, 60-

70% 1RM), and Leg Press (4 sets x 10 reps, 70-80% 1RM)

Cool-down: 10 minutes of static stretching
The Control Group continued their usual weightlifting routines without structured lower extremity-focused training.

2.4 Measurement

Lower extremity strength was assessed using the SBJ test, conducted pre-intervention (Week 0) and post-intervention (Week 12). Participants performed three trials, with the longest jump recorded in centimetres. The test was administered on a flat, non-slip surface, following standardized protocols (AAPHER Youth Fitness Test, 1958).

2.5 Data Analysis

Data were analyzed using SPSS (Version 26). Paired t-tests compared pre- and post-intervention SBJ distances within groups, while an independent t-test compared post-intervention differences between groups. Significance was set at p<0.05.

3. Results

Between-Group Comparison (Independent t-test):

Post-intervention Experimental Group vs. Control Group: t(38) = 4.52, p<0.05 (significant difference)

3.1 Descriptive Statistics

Hypothetical pre- and post-intervention Standing Broad Jump distances are presented below:

Group	Pre-Test Mean ± SD (cm)	Post-Test Mean ± SD (cm)	Mean Difference (cm)
Experimental	225.4 ± 10.2	240.6 ± 9.8	15.2
Control	224.8 ± 11.5	226.1 ± 11.0	1.3

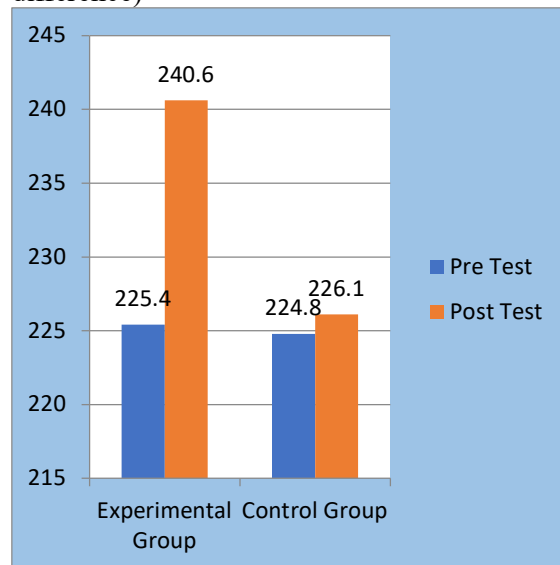
Significant at 0.05(38) = 2.021

3.2 Statistical Analysis

Within-Group Comparison (Paired t-test):

Experimental Group: t(19) = 6.84, p<0.05 (significant improvement)

Control Group: t(19) = 0.92, p>0.37 (no significant change)



3.3 Graphical Representation

A graph titled "Effect of Weight Training on SBJ Performance" displays pre- and post-test mean SBJ distances for the Experimental Group and Control Group. The x-axis represents the groups (EG Pre, EG Post, CG Pre, CG Post), and the y-axis shows SBJ distance (cm). The Experimental Group bars show a clear increase from pre- to post-test (225.4 cm to 240.6 cm), while the Control Group bars remain nearly static (224.8 cm to 226.1 cm).

4. Discussion

The results demonstrate that a 12-week weight training programme significantly enhances lower extremity strength in collegiate weightlifters, as evidenced by the 15.2 cm increase in SBJ distance in the Experimental

Group ($p < 0.001$). This improvement aligns with prior research indicating that resistance training enhances muscle power and neuromuscular coordination. The Control Group's negligible change (1.3 cm, $p = 0.37$) suggests that regular activities without structured intervention do not yield comparable gains. The programme's focus on compound lower-body exercises (e.g., squats, deadlifts) likely contributed to increased force production and explosiveness, critical for SBJ performance. These findings have implications for strength and conditioning coaches in India, emphasizing the value of targeted weight training for young athletes. Limitations include the male-only sample and lack of dietary control, which could influence outcomes.

CONCLUSION

This study confirms that a 12-week weight training programme significantly improves lower extremity strength in collegiate male weightlifters aged 18-25 years, as measured by the SBJ test. The experimental group outperformed the control group, highlighting the

efficacy of structured resistance training. Future research should explore female athletes and longer intervention periods to generalise findings.

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