

# The effect of circuit training program in children's physical parameters in volleyball

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## Abstract

The positive effects of physical activity in children's health are widely accepted and documented by the health professionals. The aim of this study is to evaluate the impact of circuit training program on children's physical parameters aged  $11 \pm 0.5$  years. This research paper involved thirty children (all girls) who are playing volleyball at their leisure time. They were assessed PRE and POST circuit training period through Sit and reach test, long jump test, vertical jump test, agility test (10x5), speed test (10m and 30m), KTK test, lateral jump test, upper body push-ups 30sec and core body curls up 30sec. Anthropometrics were measured as body height, weight and waist circumference. The intervention study lasted 3 months, three times per week, 12 minutes circuit training after the warm up part. Results shows that after the intervention the data have a significant improvement in height (mean  $149.3 \pm 3.34$  SD), flexibility (mean  $34.3 \pm 1.78$  SD), lateral jumping (mean  $42.8 \pm 3.10$  SD) and curl-ups (mean  $18.0 \pm 1.52$  SD). There was no improvement in weight parameter, waist circumferences and push-ups test. In conclusion there were some important improvements in mostly parameters by implementing circuit training program.

**Keywords:** physical activity, circuit training, volleyball, physical tests.