

EFFECTS OF COMBINED HYBRID CALISTHENICS AND
WEIGHT TRAINING BASIS FOR STRENGTH
DEVELOPMENT PROGRAM OF CYSU
VARSITY ATHLETES

THESIS

CHARDON LEE F. CRUZ

College of Sports, Physical Education and Recreation

CAVITE STATE UNIVERSITY

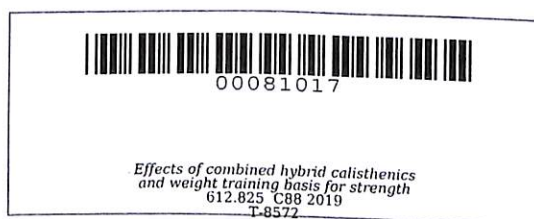
Indang, Cavite

January 2020

**EFFECTS OF COMBINED HYBRID CALISTHENICS AND WEIGHT
TRAINING BASIS FOR STRENGTH DEVELOPMENT
PROGRAM OF CVSU VARSITY ATHLETES**

Undergraduate thesis
Submitted to the faculty of the
College of Sports, Physical Education and Recreation
Cavite State University
Indang, Cavite

In partial fulfillment
of the requirements for the degree of
Bachelor in Sports and Recreation Management



CHARDON LEE F. CRUZ
JANUARY 2020

ABSTRACT

CRUZ, CHARDON LEE F. Effects of Combined Hybrid Calisthenics and Weight training basis for Strength Development Program of CvSU Varsity Athletes. Undergraduate thesis. Bachelor of Sports and Recreation Management. Cavite State University, Indang, Cavite December 2019. Adviser Mr. Victor F. Piores

A study was conducted at Cavite State University in Indang, Cavite to determine the effects of combined hybrid calisthenics and weight training basis for strength development program for CvSU varsity athletes. Specifically the study aimed to determine: 1.) The demographic characteristics of the participants; 2.) The pre performance level of the participants in terms of strength, speed, endurance, power, agility; 3.) effect of combined hybrid calisthenics and weight training on the performance level of CSPEAR athletes to selected fitness components; 4.) significant difference between effects of combined hybrid calisthenics and weight training on the performance level of CSPEAR athletes to selected fitness components when grouped according to their demographic characteristics; and the 5.) What program can be develop in terms of combined hybrid calisthenics and weight training of CSPEAR athletes base on the result of the study.

Descriptive research design was utilized in this study. The participants are the CSPEAR athletes enrolled for the first semester , A.Y. 2019-2020 in Cavite State University – Main Campus. Physical Fitness Test was used to gather data from the participants by comparing the pre and post test result after undergoing the given training program.

Results were tallied and organized into frequency distribution and analyzed descriptively. Frequency, mean, percentage, standard deviation, Wilcoxon signed rank test and ranking were calculated and interpreted to conclude the formulated hypotheses.

The average age bracket of the participant is 19 to 23 ,years old.

While sex has been detached because in eight total collected participants, 2 females and one male had not continued attending the training. Push-up test got the highest increasement with Post test – Pre test Z $-.2023^a$ Asymp. Sig. (2-tailed) .043.

Results said that there is no significant effect of combined hybrid calisthenics and weight training in terms of ages of the participants, because training activities were given equally to all ages. Sex, because as stated in the summary, it has been detached due to unattended participants.

TABLE OF CONTENTS

	Page
BIOGRAPHICAL DATA.....	i
ACKNOWLEDGMENT.....	ii
ABSTRACT.....	iii
LIST OF TABLES.....	iv
LIST OF FIGURES.....	v
LIST OF APPENDICES.....	
THE PROBLEM AND ITS BACKGROUD.....	1
Introduction.....	1
Time and Place of the study.....	3
Statement of the Problem.....	4
Hypothesis of the study.....	5
Significance of the study.....	5
Scope and limitation of the study.....	6
Conceptual framework.....	7
Definition of terms.....	7
REVIEW OF THE RELATED LITERATURE.....	9
Synthesis of review.....	20
METHODOLOGY.....	21
Research design.....	21
Population and Sampling.....	21
Research Instrument.....	22
Data gathering Procedure.....	22
Ethical Consideration.....	23

Data Analysis.....	23
RESULTS AND DISCUSSION.....	27
SUMMARY, CONCLUSION, AND RECOMMENDATION.....	39
Summary.....	39
Conclusion.....	40
Recommendation.....	41
REFERENCES.....	42
APPENDICES.....	44

LIST OF TABLES

Table		Page
1	Profile of the respondents in terms of age.....	5
2	Profile of the respondents in terms of sex.....	5
3	Pre performance level of participants in terms of strength, Speed, endurance, power and agility.....	5
4	Effect of combined hybrid calisthenics and weight training on the performance level of CSPEAR athletes to selected fitness components.....	5
5	significant difference between effects of combined hybrid calisthenics and weight training on the performance level of CSPEAR athletes to selected fitness components when group according to their demographic characteristics.....	5
6	Program can be develop in terms of combined hybrid Calisthenics and weight training of CSPEAR athletes.....	6

LIST OF APPENDICES

Appendix		Page
A	Certification.....	45
B	Letter of Request.....	46
C	Instrument.....	47

**EFFECTS OF COMBINED HYBRID CALISTHENICS AND WEIGHT
TRAINING BASIS FOR STRENGTH DEVELOPMENT
PROGRAM OF CVSU VARSITY ATHLETES**

Chardon Lee F. Cruz

An undergraduate thesis manuscript submitted to the faculty of the College of Sports, Physical Education and Recreation, Cavite State University, Indang, Cavite, In partial fulfilment of the requirements for the degree of Bachelor of Sports and Recreation Management with contribution no. ^{RM 2019 -}~~2020 - 2019~~. Prepared under supervision of Mr. Victor F. Piores.

INTRODUCTION

Physical exercise has a huge impact of giving wellness to people. An active lifestyle will drive one to maintain physical fitness and help strengthen ones body and make it fitter and resilient. Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall health that is why frequent and regular exercise is an important activity for developing the physical components, a healthier state of mind, and improvement of ones life quality. It comes with different types; aerobic exercises commonly known for using ones own bodyweight such as walking, yoga, and running, it is focus on increasing cardiovascular strength and endurance; and anaerobic exercises such as weight training, functional training or sprinting increase short-term muscle strength.

On the other hand, bodyweight exercise also known as Calisthenics give unique variation of training by using the body weight, a primary advantage of calisthenics over weight training is the flexibility and ease of practicing in any place,