

**BENEFITS OF SWIMMING TO THE ATHLETICS VARSITY
PLAYER OF CAVITE STATE UNIVERSITY INDANG,
MAIN CAMPUS, CAVITE**

THESIS

**AINNA JOYCE P. QUIRONES
REYNALDO R. ARAÑO**

College of Sports, Physical Education and Recreation

CAVITE STATE UNIVERSITY

Indang, Cavite

June 2019

**BENEFITS OF SWIMMING TO THE ATHLETICS VARSITY PLAYER OF CAVITE
STATE UNIVERSITY INDANG-MAIN CAMPUS, CAVITE**

Undergraduate Thesis
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
Bachelor in Sports and Recreational Management

AINNA JOYCE P. QUIÑONES
REYNALDO R. ABAÑO
June 2019

ABSTRACT

AINNA JOYCE P. QUIÑONES, REYNALDO ABAÑO BANEFITS OF SWIMMING TO THE ATHLETICS VARSITY PLAYER OF CVSU INDANG MAIN CAMPUS 2018-2019. Undergraduate Thesis. Bachelor in Sports and Recreational Management. Cavite State University, Indang, Cavite. June 2019. Adviser: Prof. Victor Piores.

This study was conducted from February to March 2019 at Villa Colmenar Resort Tambo Kulit Indang, Cavite, to know the benefits of swimming to the athletics varsity player of CvSU main campus. Specifically, this study aimed to answer the following: 1.) What are the demographic characteristics of the participants in terms of Age, Sex, Playing years and Event Played?; 2.) What are the benefits of swimming to the performance of athletics varsity player of CvSU Indang Main Campus?; 3.) Is there a significant relationship between the benefits of swimming to the performance of athletics varsity player of CvSU main and their demographic profile?; 4.) What is the speed of the athletes in sprint, middle and distance run before and after the use of swimming as cross-training?; 5.) Is there a significant difference in the speed of athletes before and after the use of swimming as cross-training? Descriptive research was used in this study and ANOVA t-test. The respondents of the study were 17 student-athletes of CvSU main campus. Majority of the participants were sprinters, and most of were male. The results showed that the student-athletes performed very well which means that their performance exceeded. All goals, objectives, and targets were achieved above established standards. Therefore other sports must be explored as cross-training for other players.

for the comfort in times that they want to give up. Truly, He is the father of his children and the king of Kings. By his grace, they were able to finish their study.

**AINNA JOYCE QUIÑONES
REYNALDO ABAÑO**

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BENEFITS OF SWIMMING TO THE ATHLETICS VARSITY PLAYER OF CAVITE STATE UNIVERSITY INDANG -MAIN CAMPUS, CAVITE

**Reynaldo Abaño
Ainna Joyce Quiñones**

An 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 graduation with the degree of Bachelor of Sports and Recreational Management with contribution no. RM 1018-109-1011 Prepared under the supervision of Mr. Victor Piores

INTRODUCTION

People run for different reason. Most do it because of its health benefits that they can gain from working. Their heart, lungs and muscles will benefit at the same time. Others choose to run because it provides them a clear set of goals which they can meet and transcend and some run to race, others for socialize or be out in open air. What all runner shares, whoever is a singular sense of accomplishment. It is a far different experience from soy, running on a treadmill and peddling away in a spin class. Running gets you from here to there and epitomizes what the sports all about: the journey.

Running are great for working out leg muscles but they often to leave other parts of their body neglected professionals started to encourage dedicated runner to incorporate other forms of exercise in to their routines, including swimming according to the Professionals Athlete trainer Jim Thornton, Ma, ATC says that "Cross training takes into consideration the feet that many muscles in different parts of the body contribute to a single activity. While a runner need to build strong leg muscles, he or she must also pay attention to the muscles that can trolls pelvic movement, core strength even the upper body and all these areas are utilized when one run.