AN ASSESSMENT OF THE EFFECTS OF A THREE WEEK TRAINING PROGRAMME ON THE ENDURANCE CAPACITY OF THE PRIMARY SCHOOL GIRLS ATHLETES AGED BETWEEN THIRTEEN AND FOURTEEN AT CHOMAGORA PRIMARY SCHOOL IN MT DARWIN DISTRICT.

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ABSTRACT

The objectives of this study was to find out the effects of training to young primary school girls aged thirteen and fourteen at Chomagora primary school in Mt Darwin District. The purpose of the research was to identify the extent to which does the training of aerobic endurance to primary girls’ athletes improves their VO2 max. In this study a total of thirty girls were used and there were no boys. There was a three week training programme that was designed to train aerobic capacity and the principles of training was followed starting with low intensity training to high intensity. Because of the hot weather conditions the performance was affected and some athletes ended up failing to reach their targets. In the study it was also revealed that there were some factors that contributed to the poor performance of the athletes to the developments of the aerobic capacity or endurance. Some of these factors include the poor diet being taken by the athletes since the community is in rural areas and some athletes may not come to school for no reasons. The study recommends if there is a proper planning of training programs the aerobic capacity and the VO2 max will improve even to the young primary school children provided the training is done professionally and the age of the athletes is highly considered.