Title: Aerobic capacity of Kenyan Rugby Union players

ABSTRACT:

The capacity to replenish the energy required for endurance activities is one of the important factors that determine an individual's ability to exercise for a long time without fatigue. For an individual to attain the best performance, VO2 max improvement is one aspect of training that should not be ignored (Seiler, 2005). This study assessed the aerobic capacity of selected male players for three clubs taking part in 2005 Kenya Cup Rugby League.

A test-retest using the multistage fitness test validated by Brewer et al (1998) was administered to predict the VO2 max levels of 90 male subjects at the beginning of the league and after eight weeks training and competition. The study sought to determine whether there were differences in players' aerobic capacity between pre and posttest and if the subjects' aerobic capacity varied for different age groups. A t-test was used to assess the subjects VO2 max differences between pretest and posttest, while ANOVA was used to analyze the differences in VO2 by age groups.

The findings indicated there was no significant difference in players' aerobic capacity between pre-test and post-test. Players' VO2 max at pre-test was 43.14ml/kg/min and 42.62ml/kg/min at post-test. Similarly, there was no significant difference in aerobic capacity amongst players of different age groups. It was concluded that the game upgraded to professional level to allow players enough time for training. Coaches should design training programme activities in a way that would elicit desirable levels of maximal oxygen uptake.

Key words:

VO2 max, Endurance activities, Training programme, Kenya Rugby, Football Union