EFFICACY OF EIGHT WEEK SOCCER TRAINING PROGRAMME ON MUSCULAR FITNESS AND CARDIOVASCULAR ENDURANCE: CASE OF STRATHMORE SCHOOL, NAIROBI CITY COUNTY, KENYA

BRIAN OCHIENG' ABUTO (B.SC)

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DECLARATION

This thesis is my original work and has not been presented for a degree in any other University.

Signature:..... Date:27/11/23

Brian Ochieng' Abuto - H108/38649/2016

Department of Physical Education, Exercise and Sports Science

SUPERVISORS

This thesis has been submitted with our approval as University supervisors.

Signature:..... Date:27/11/23

Gitahi Theuri, PhD

Department of Physical Education, Exercise and Sports Science

Kenyatta University

Signature:..... Date:27/11/23

Nkatha Muthomi, PhD

Department of Recreation and Sports Management

Kenyatta University

ABSTRACT

Muscular fitness and cardiovascular endurance training plays a key role in adding value to the overall performance of soccer players. However very few soccer players especially those of high school going age have embraced muscular fitness and cardiovascular endurance training. The study assessed the efficacy of an eight-week soccer training programme on the muscular and cardiovascular fitness of Kenyan high school soccer team. The Strathmore school student's soccer team was the target population. The sample size consisted of 30 male respondents who underwent a before and after test. The programme involved their normal skill work plus the muscular fitness and cardiovascular endurance training routine. STATA version 16 (IBM limited, UK, 2016) was used for processing data. To obtain means, percentages, standard deviations and frequencies, descriptive statistics was calculated to analyze the status of the athletes after the training period. A paired T-test was used to test the hypotheses. The results of the study indicated that a substantial portion of the participants experienced significant change after the duration of the strength and conditioning program. All the parameters that were being tested showed a significant improvement (power; broad jump $t(29)= 8.70$, $P < 0.05$; cardiovascular endurance; shuttle run $t(29)= 4.093$, $P < 0.05$; muscular strength; push-ups $t(29)= 21.49$, p = p-value; pull-ups $t(29)= 16.38$, $P < 0.05$; muscular endurance sit-ups $t(29)= 8.7$,$P < 0.05$, side bridge $t(29)= 11.34$, $P < 0.05$). The research findings act as a future point of reference in the field of strength and conditioning with the findings contributing to the body of knowledge on muscular and cardiovascular fitness training in Kenyan soccer. The study recommended that sports coaches in youth soccer teams should in-cooperate strength and conditioning in their training routine. The study also recommended that the fitness status of the athletes should be determined in a bid to make informed decisions when creating programmes for the athlete.