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RESEARCH ARTICLE
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IMPACT OF FASCIAL STRETCH TRAINING -7 ON MUSCULAR STRENGTH ON COLLEGE ATHLETES

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Abstract
The goal of the research was to determine how college athletes' muscle strength was affected by Facial Stretch Training-7 (FST-7). For this study, 40 male athletes from St. Thomas College (Autonomous) Thrissur, Kerala were chosen as subjects in order to accomplish this goal. Their centre records indicate that they are between the ages of 17 and 24. Two equal groups—the experimental group and the control group—were created from the subjects. While the control group was not permitted to engage in any practices, the experimental group completed a six-week course of Facial Stretch Training-7 (FST-7) in addition to their regular schedule. As dependent variables, the physical variables—muscular strength, specifically—were chosen. Analysis of the "t" test to determine whether there was a significant difference for the chosen variable.

Keywords: Facial Stretch Training-7 (FST-7), Muscular Strength

INTRODUCTION

Fascia Stretch Training

Hany Rambod developed the exercise concept known as Fascia Stretch exercise (FST-7), or fascia stretch training, which aims to produce large, powerful muscular pumps. The fundamental principle behind FST-7 is to target the body part you want to grow by performing 7 working sets on the last set of specific exercises. Sports activities and movement exercises that aim to enhance the functional characteristics of the muscular connective tissues in the human body, such as tendons, ligaments, joint capsules, and muscular envelopes, are referred to as fascia training (FST-7). The term "7"

refers to the seven sets that are often completed as the last exercise for a particular body area. FST stands for Fascia Stretch Training. But "sevens" are more than simply a novelty item.

Strength

Strength is a conditional capacity, meaning that it is mostly dependent on the muscles' ability to release energy. Since strength is a direct result of muscle contractions, it is also possibly the most significant motor skill in sports. Since muscular contraction is the basis for all sports movements, strength is a necessary component of all motor skills, technical abilities, and tactical moves.

Statement of the problem

This study set out to determine how college male athletes responded to fascia stretch training (FST-7) for increasing muscular strength.

Methodology

This study's goal was to determine how specific resistance training exercises, such as Fascia Stretch Training (FST-7) affected several physical variables. Forty male athletes from St. Thomas College (Autonomous) in Thrissur, Kerala were chosen as study participants in order to fulfil this goal. According to the center's data, they are between the ages of 17 and 24. The subjects were split up into two equal groups: the control group and the experimental group. For six weeks, the experimental group participated in a program called Facial Stretch Training-7 (FST-7), which included their daily Work Out, whereas the control group was not permitted to engage in any activities. The dependent variables chosen were the physical factors, specifically muscular strength. Analysis of the "t" test to determine whether there was a significant difference between the experimental and control groups on the chosen variable. The results of the investigation showed that the experimental and control groups differed significantly. Additionally, the dependent variables showed a noteworthy improvement in the experimental groups that were preferred.

Training Programme

The experimental group in this study completed six weeks of alternating days of chosen fascia stretch training (FST-7). The investigator chose specific weight training exercises, such as German volume training, Sacroplasmic stimulation training, dog crap training, and fortitude trailing mountain dog training, which are resistance workouts, to determine how Fascia Stretch Training (FST-7) affected the variables that were chosen. The practice lasted for forty-five minutes in the evening.

Results and Statistical Analysis

The gathered data was analyzed using the "t" ratio. The results of the experimental and control groups' pre- and post-tests for physical variables, specifically muscular strength

TABLE I COMPUTATION OF MEAN STANDARD ERROR OF THE DIFFERENCE BETWEEN THE MEAN, DIFFERENCE BETWEEN THE MEAN AND OBTAINED'T' RATIO OF EXPERIMENTAL GROUP MUSCULAR STRENGTH TEST

SAMPLE	TEST NO	MEAN	DM	Dm	't' ratio
TESTING GROUP	PRIOR TEST	16.3	1.72	3.55	*2.06
	POST TEST	19.85			

* Required' ratio 0.05 level of confident is 2.04($38^{o}F$)

* Obtained' ratio is 2.06.

The experimental group's mean muscle strength scores are 16.3 and 19.85, respectively. Given that the obtained ratio of 2.06 at the 0.05 level of confidence in 38 degrees of freedom is higher than the

necessary table value of 2.04. Table I demonstrates that the pre- and post-test results for the experimental group would differ significantly.

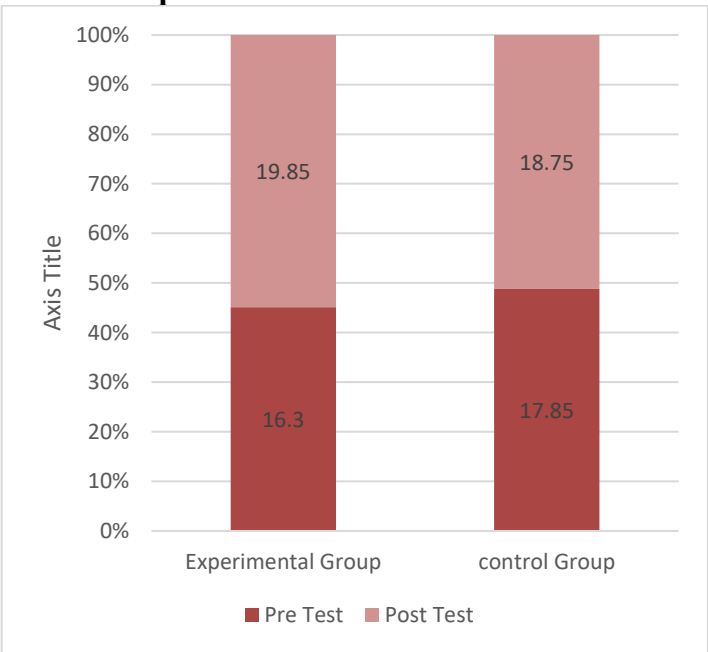
TABLE II COMPUTATION OF MEAN STANDARD ERROR OF THE DIFFERENCE BETWEEN THE MEAN, DIFFERENCE BETWEEN THE MEAN AND OBTAINED 'T' RATIO OF CONTROL GROUP MUSCULAR STRENGTH TEST

SAMPLE	TEST NO	MEAN	DM	Dm	't' ratio
CONTROL GROUP	PRIOR TEST	17.85	1.82	0.90	*0.49
	POST TEST	18.75			

* Required't' ratio 0.05 level of confident is 2.04(38°F)
* Obtained't' ratio is 2.06.

The experimental group's mean muscle strength score was 17.85, while the control group's was 18.75. With 38 degrees of freedom, the obtained "t" ratio of 0.49 is less than the necessary value of 2.04 at the 0.05 level of confidence. Table II indicates that there wouldn't be a discernible difference between the pre- and post-test results for the control group.

Bar Diagram Showing the Difference of Pre-Test And Post-Test in (strength) Performance Of Experimental And Control Group



Discussion on Findings

Appropriate statistical analysis has been conducted following data collection in order to present the findings and their discussion. The study's findings demonstrated a noteworthy enhancement in physical parameters related to muscle strength among collegiate athletes as a consequence of the influence of Fascia Stretch Training (FST-7) exercises.

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