

**EFFECT OF HIGH INTENSITY INTERVAL TRAINING, AEROBIC
TRAINING AND CONCURRENT TRAINING ON SELECTED PHYSICAL,
PHYSIOLOGICAL AND SKILL PERFORMANCE VARIABLES
AMONG FOOTBALL PLAYERS**

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The outcome of this investigations work demonstrate that HIIT, aerobic training, or a mix of both can greatly improve different aspects of physical performance, physiological responses, and skill levels in male college football players. This suggests that regularly incorporating both high-intensity and aerobic workouts is key to boosting athletic performance effectively.

It is essential that football players at every level, whether school, college, or university, learn the advantages of incorporating HIIT and aerobic methods. This training is crucial in improving on-field performance through boosted endurance, speed, and agility. The knowledge of ways like this can contribute to the creation of stronger and more competitive teams.

Future research would seek to explore the length of longer versions of the training program since it is not known what length is ideal for these interventions. Experiments might also want to address whether and how to alter the intensity of aerobic and interval sessions to affect outcomes on performance. Strength training paired with these two exercises might finally offer some insight into achieving whole fitness improvement.

Based on these research results, Football coaches, trainers, and physical education specialists are encouraged to incorporate these training methods into conditioning programs for competitive football players, with clear guidelines on frequency, duration, intensity, and progression for practical field application.

A comparative study could also be conducted to assess psychological, biochemical, fitness, anthropometric, and functional characteristics among players of different sports. This would provide a detailed understanding of common as well as sport- specific characteristics, which would help researchers identify the factors that determine performance. The data provided could be useful for coaches in the formulation of training programs based on the specific needs of their players. Comparative studies of this kind would allow the development of training methods and sport sciences through disciplines.

Furthermore, future studies may include female football players and control dietary, lifestyle, and psychological variables to enhance generalizability. AI-based tools could also be employed to monitor sleep, nutrition, lifestyle habits, and psychological factors, further improving the accuracy, effectiveness, and practical application of training interventions for athletes.