

**THIS BOOK  
CONTAINS  
NUMEROUS  
PAGES WITH  
THE ORIGINAL  
PRINTING ON  
THE PAGE BEING  
CROOKED.**

**THIS IS THE  
BEST IMAGE  
AVAILABLE.**

A COMPARISON OF BODY WEIGHT GAIN OF A GROUP  
IN A WEIGHT TRAINING PROGRAM COMPARED TO A GROUP  
IN A PHYSICAL EDUCATION CLASS WITHOUT A WEIGHT TRAINING PROGRAM

by

JOHN E. SALAVANTIS

B. A., Ottawa University, 1966

9984

A MASTER'S REPORT

submitted in partial fulfillment of the

requirements for the degree

MASTER OF SCIENCE

Department of Physical Education

KANSAS STATE UNIVERSITY  
Manhattan, Kansas

1971

Approved by:

  
Major Professor

LD  
2668  
R4  
1972  
S282  
COPY

#### ACKNOWLEDGMENTS

Sincere appreciation is expressed to Mr. Raymond Wauthier, Physical Education Department, Kansas State University, for his continuing support and advice throughout my program of study at Kansas State.

Acknowledgment is expressed to Mr. Larry Thiestrup and Mr. Tom Stromgren, Fort Hays State College; without their aid this study would not have been possible.

Final appreciation goes to Mr. Arlo Buller, Athletic Director at Hays High School, where this study took place. Without his support there would not have been a study at all.

## TABLE OF CONTENTS

CHAPTER	PAGE
I. INTRODUCTION.....	1
Statement of the Problem.....	2
Limitations of the Study.....	2
Review of Related Literature.....	3
II. METHODS OF PROCEDURE.....	4
Selection of Study Subjects.....	4
Selection of Control Group.....	4
III. METHOD OF STUDY.....	5
Instruction Manual.....	5
Weight Training Program.....	5
Conditioning and Agility Program.....	6
IV. DISCUSSION.....	8
Weight Recording Chart for the Study Group Showing Measurements Before and After Training.....	9
Results of the Findings of Weight Recording Chart for the Study Group.....	12
Recap of the Weight Recording Chart of the Study Group..	13
Weight Recording Chart for the Control Group Showing Measurements Before and After Training.....	16
Results of the Findings of the Weight Recording Chart for the Control Group.....	19
Recap of the Weight Recording Chart of the Control Group.....	20

CHAPTER	PAGE
V. ACTIVITY SURVEY OF THE CONTROL GROUP.....	23
Table of Findings for Those Gaining Weight in the Control Group.....	24
Results of the Control Group Weight Gaining Members Activity Survey.....	27
Table of Findings for Those Losing Weight in the Control Group.....	29
Results of the Control Group Weight Losing Members Activity Survey.....	32
Summary of the Results of the Activity Survey.....	34
VI. SUMMARY, CONCLUSIONS AND RECOMMENDATIONS.....	35
BIBLIOGRAPHY.....	37
APPENDIX A. Program Instruction Manual.....	38
APPENDIX B. Statistical Chart of Study Group.....	62
Graph Picturing Each Participants Weight Recordings.....	71
APPENDIX C. Statistical Chart of Control Group.....	80
Graph Picturing Each Participants Weight Recordings.....	88
APPENDIX D. Example of Activity Survey Questionnaire.....	96

## LIST OF TABLES

TABLE	PAGE
I. Weight Recording Chart for Study Group Showing Weight Measurements Before and After Training.....	9
II. Recaps of Weight Recording Chart for Study Groups.....	13
III. Weight Recording Chart for the Control Group Showing Weight Measurements Before and After Training.....	16
IV. Recap of Weight Recording Chart for the Control Group.....	20
V. An Activity Survey of Those in the Control Group Who Gained Weight in the Period of Study.....	24
VI. An Activity Survey of Those in the Control Group Who Lost Weight in the Period of Study.....	29
VII. Appendix B. A Statistical Chart of the Study Group.....	62
VIII. Appendix B. A Graph Picturing Each Participants Weight Recordings.....	71
IX. Appendix C. A Statistical Chart of the Control Group.....	80
X. Appendix C. A Graph Picturing Each Participants Weight Recordings.....	88