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EFFECT OF SIX WEEK AEROBIC TRAINING ON PHYSICAL FITNESS COMPONENTS OF SECONDARY SCHOOL CHILDREN

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ABSTRACT

The main objective of the study was to find out the effect of six week aerobic training on physical fitness components on Secondary school children of government of added school Vijayapur of Karnataka. The Sources of data were collected from the New high school children government of added school Vijayapur of Karnataka. The researcher had selected 40 female Subjects for this Study. All the Subjects were Selected by using simple Random Sampling Method. In this study the following equipments which were Used for data collection 1) grip Dynamometer was used to Measure the grip- Strength and 2) 50 yard Shuttle Run was used to Measure the endurance. Conclusion :There was no Significant effect on the Strength and there was Significant effect on the endurance.



KEYWORDS: aerobic training and physical fitness Components.

INTRODUCTION –

The word of games and sports is ever expanding with increasing intensity of competition and enlarging scientific studies of human movements. Sports are dynamic in nature and progressive in outlook. The Scientific results in the field of physical education and Sports are a bone of to the athletes, trainers and coaches. The physical educationists and sports scientists have been trying to develop new method of training and techniques to attain higher level of performance in sports

and games through critical thinking and scientific training. Now a day's games and sports are not limited to self satisfaction but it has got a wide range of importance. Therefore, physical fitness is a basic need and base of excellence in performance in addition to physical and motor fitness.

• Purpose of the study :

The Main Purpose of the study was to find out the Effect for of Six Week Aerobic Training on Physical Fitness Components on high school Students of Govt of girls high school vijiyapur.

• Objectives of the Study :

The was physical fitness

level of Students. To find out the Effect of Aerobic training on Strength.

• Hypothesis :

It was Hypothesized that there will be Significant effect of training on physical fitness Components.

• Methodology :

The sources of data were collected from the Govt of girls high school Vijayapur. The research had selected 40 female Subjects for this study. All the Subjects were selected by using simple random sampling method. In this study the following equipments which were used for data collection (1) Grip Dynamometer was used to measure the grip- Strength and (2) 50 shuttle run was used to measure the agility.

• Collection of Data :

The necessary data was collected by administrating the tests for measuring the selected variables. Before collecting the data, the subjects were given a chance to

practice the prescribed tests so that they should become familiar with the tests and know exactly what is to be done

Experimental procedure of training design:

Sr. No	Name of Group	Type of Group	Type of Training
1	A	Experimental	Aerobic Training
2	B	Control	No Training

Weekly training Schedule for Experimental Group :

Day	Duration (Min.)	Training Task	Training Means and Methods
	5	Relaxation	Walking and jogging
Tuesday	40	Strength Development	Hopping Alternate high knee action, twisting on the exercises
	5	Relaxation	Limbering down, Easy Jogging and Walk
Wednesday	40	Strength Development	Hill Running up and down
	5	Relaxation	Walking and Jogging
Thursday	40	Strength	Stretching Exercise (triceps, Biceps, Calf muscles, etc.) Neck. Shoulder, hip ankle
	5	Relaxation	Walking and jogging
Friday	40	Strength development	Hopping Alternate high knee action, twisting on the exercises
	5	Relaxation	Limbering own. Easy Jogging walk
Saturday	40n	Strength Development	Hill Running up and down
	5	Relaxation	Walking and jogging
Sunday		Rest	

• Analysis of data :

The Statistical analysis of the data gathered for effect of six week Aerobic training on physical fitness components. The data collected qualitatively on two different of strength and Agility of control group –(N=20), and experimental groups (N=20) the data were analyzed and interpreted by using ‘t’ test and level of Significance at 0.05.

Table No-1
Strength between Pre and Post Test of Control Group

Control Group	Men	S.D.	Comb.	M.D .	D.F.	O.T.	T.T.
Pre.Test	34.45	3.70	1.22	0.750	38	0.669	2.021
Post Test	35.20	3.81					

Significance at 0.05 level of Confidence. Tabulated '0.05 (38) = 2.021

Table -1 reveals that there is no significant difference between means of pre and post test of control group, because mean of pre test is 34.450 is slightly less than mean of post test is 53.200, and there mean difference is 0.750. To check the significant difference between pre and test of control group the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between pre-test where S.D.=3.708 and Post test where S.D.= 3.81 and their Combine standard error=1.122. There was not significant difference between pre and post test of control group because value of calculated 't' = 0.669 which is less than tabulated 't' = 2.021 at 0.05 level of confidence, which shows no improvement was found in control because no training was given to the subjects of control group.

Table No- 2
Strength between Pre and Test of Experimental Group.

Experimental group	Men	S.D.	S.E.Comb.	M.D.	D.F.	O.T.	T.T.
Pre.Test	33.85	3.64	1.132	1.450	38	1.281	2.021
Post Test	35.30	3.51					

Significance 0.05 level of Confidence .Tabulated 't' 0.05 (38) = 2.021

Table -2 reveals that there is least significant difference between means of pre and post test of experimental group, because mean of test is 33.850 is slightly less than mean of post test is 35.300, and there mean difference is .450. to check the significant pre difference between and Post test of control the data was again analyzed by applying 't' test Before applying 't' test standard deviation was calculated between pre-test where S.D. = 3.646 and Post test where S.D. = 3.511 and their Combine standard error = 1.132. There was no significant difference between pre and Post test of control group because value of calculated 't' = 1.281 which is less than tabulated 't' = 2.021 at 0.05 level of confidence, which shows no improvement was found in experimental group after six weeks aerobic training.

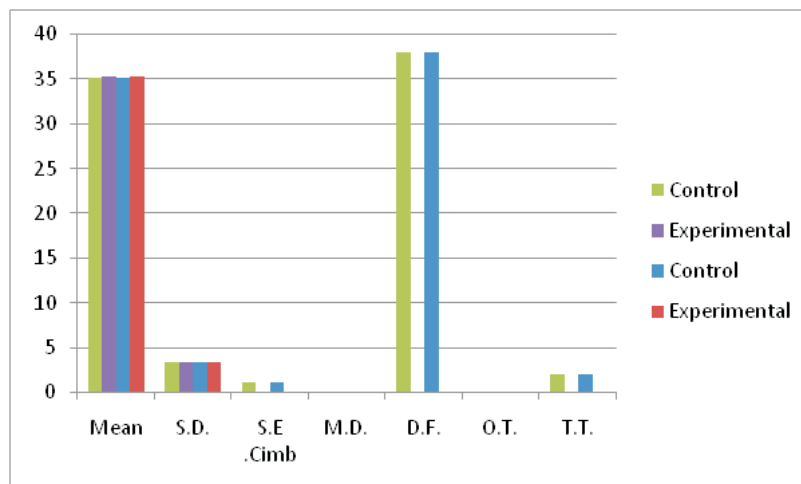
Table No -3
Strength between Post Test of Control and Experimental Group

Group	Mean	S.D.	S.E. Cimb	M.D.	D.F.	O.T.	T.T.
Control	35.20	3.38	1.09	0.10	38	0.092	2.021
Experimental	35.30	3.51					

Significance at 0.05 level of Confidence .Tabulated't' 0.05 (38) = 2.021

Table -3 reveals that there is no significant difference between means of post test of control and control and experimental group, because mean of post test control group is 35.200 is slightly less than mean of post test of experimental group is 35.300, and there mean difference is .100. To check the significant difference between post tests of control and experimental group the data was again analyzed by applying 't' test. before applying 't' test standard deviation was calculated between post tests where S.D.(control group) = 3.646 and S.D. of (experimental group) = 3.511 and their Combine standard error=1.090.

Graph -1
Graphical Representation of Mean Difference between Pre and Post Test of Control and Experimental Group for Strength



It was hypothesized there will be significant effect of aerobic training on selected physical fitness components. But the effect of training does not show the significant effect on strength and show significant effect on strength. At last it was found that the hypothesis was accepted at the level of 0.05 level of confidence.

CONCLUSION:

On the basis of the result drawn with the mentioned methodology the following conclusion were sought out. Sports are dynamic in nature and progressive in outlook. The scientific results in the field of physical education and sports are a boon to the athletes, trainers and coaches. The physical educationists and sports scientists have been trying to develop new method of training and techniques to attain higher level of performance in sports and games through critical thinking and scientific training.

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