Impact of Aerobic Exercise on anthropometric measurements among college Woman

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Abstract
Background: The purpose of the study was to examine the Impact of aerobic exercise training on Anthropometric Measurements among college woman.

Methods: The present study 50 college woman from Mantatha PU College Kurubarahalli, Hahira. Were selected at random and their age ranged from 17 to 19 years. For the present study pre-test – post-test randomized group design which consists of experimental group was used. A total 8 weeks of aerobic exercise classes were conducted on a daily 50 college woman. The selection variables of the study are only for selected floor exercise (Only step exercise) with music has been given for the one time in a day for one hour and 8 weeks. The data was analyzed by t – value technique to find out the impact of aerobic exercise training programme. The level of significance was set at .000

Result: The findings of the present study have strongly indicates that aerobic exercise training of 8 weeks has significant impact on Anthropometric Measurements. Hence the hypothesis earlier set that aerobic exercise training programme would have been significant effect on aerobic exercise training variables in light of the same the hypothesis is accepted.

Conclusion: Significant effect of aerobic exercise training was found on Motor Quality.

Keywords: Anthropometric Measurements and aerobic exercise.

Introduction
Aerobic exercise is physical exercise of relatively low intensity that depends primarily on the aerobic energy-generating process. Aerobic literally means "living in air", and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Generally, light-to-moderate intensity activities that are sufficiently supported by aerobic metabolism can be performed for extended periods of time.

Aerobic literally means oxygen referring to the consumption of oxygen by the metabolic system. It involves a little warm up activity at the start and another minimum 20 minutes of exercise. Aerobic exercises are vital in weight loss activities.

Aerobic exercise is the cardiovascular activity that involves prolonged activity of large muscles without stopping. Aerobic exercises burn your fat and keeps your metabolism rate high even after the activity is over. Just after 15 minutes of the exercise your glycogen burns off producing glucose, which then uses oxygen to generate energy by burning fat.

Though very latter research has been conducted to establish its effectiveness, there is a growing belief that cretin type of music tend to stimulate a person to a higher performance level. This seems to be consistent with the observation that rock music and marching music tend to elicit movement on the part of any listeners.

Singher (1972) stated that the exercises records seem to be widely used in schools as a means of stimulating students to keep up with the pace and perhaps perform a maximum of activity with a minimum of conscious pairs.

The rhythm of the music should guide the performer in his movement while his arousal level should be brought to an optimum level for learning skills. If this optimum situation is created, it is reasonable to expect that the student will learn faster and easier new skills than in a situation without music, which according to the discussed research outcomes, cannot be considered an optimal situation. Here music helps the students to recognize rhythmic patterns in sports activities for improving fundamental skills such as walking, jumping and running.

Weinberg and Gould (1995) stated that the aerobic exercise is a physical activity that increases...
study clearly show that the impact of aerobic exercise decreased the weight measured by weaning machine. T-value is 8.07. This indicates the level of significance difference between pre-test and post-test of the subjects.

The table No 2 shows the significance difference of pre –test & post-test as well Mean, SD and t – value. The mean score of pre-test was 144.94 and post-test is 147.100, Standard deviation pre-test was 5.51, post-test is 5.87. The variables of this study clearly show that the impact of aerobic exercise increased micro level of height. T-value is 12.71. This indicates the level of significance difference between pre-test and post-test of the subjects.

This is possible because aerobic exercise is currently one of the most commonly

Practised adult fitness activities which directly contribute to

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Table – 2: Pre-test and Post –test between Experimental Group on Height

The table No 2 shows the significance difference of pre –test & post-test as well Mean, SD and t – value. The mean score of pre-test was 144.94 and post-test is 147.100, Standard deviation pre-test was 5.51, post-test is 5.87. The variables of this study clearly show that the impact of aerobic exercise increased micro level of height. T-value is 12.71. This indicates the level of significance difference between pre-test and post-test of the subjects.

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enhancement in their Anthropometric Measurements. Aerobic exercise increases the micro level of subjects' height and decreases the weight of subjects and due to regular training programme of aerobic exercise training which may also bring sudden spurt in other physical activities among college women. The findings of the present study have strongly indicates that aerobic exercise training of 8 weeks have significant effect on selected Anthropometric Measurements (Height and Weight). Hence the hypothesis earlier set that aerobic exercise training programme would have been significant effect on Motor selected Anthropometric Measurements (Height and Weight) among college woman.

Conclusions
On the basis of findings and within the limitations of the study the following conclusions were drawn: Significant Impact of Aerobic Exercise on selected Anthropometric Measurements (Height and Weight) among College Woman.

References