Effect of aerobic exercise and circuit training on obesity among school students

A Febin Jebaraj, Dr. C Robert Alexandar

Abstract
The purpose of the study is to find out the effect of aerobic exercise and circuit training on obesity among school students. To achieve this purpose, forty-five school students aged between 14 to 17 years, studying in the ONGC public school children were selected. The subjects were divided into three equal groups of fifteen subjects each, namely aerobic exercise group, circuit training group, and control group. The aerobic exercise group was given cycling, calisthenics, rhythmic exercises, continuous slow running. Circuit training group was given bench press, half squats, standing jumps daily for twelve weeks. Weight was tested before (pre) and after (post) the training programme for both experimental and control groups by using Waist circumference. ANCOVA was used to find out the significant difference if any between the groups. The results of this study indicate that the Aerobic exercise group has significantly improved from circuit training and control group in the selected dependent variable namely waist circumference. However, the control group did not show any improvement on the obesity as it was not involved in any of the specific training programme.

Keywords: Aerobic exercise, Circuit training, Waist circumference, Obesity

Introduction
The word aerobic-meaning with oxygen-to represent the idea even so the dynamic of the idea are more complicated than implied by the definition. Doing aerobics regularly can decisively improve your heart rate, your body condition, and your state of mind. Over 20 years of research has shown that aerobic exercise is one of the best exercises you can do since it is a safe and complete work out, as well as a fun sport to do. Aerobics conditions your heart and lungs, help you use oxygen more efficiently and help control weight and reduce stress. A regular aerobics program gives you a sense of responsibility and the assurance of being in control of your body, which are two positive mental attitudes that are necessary to help reduce stress. Aerobics helps relax tense muscles, and a regular aerobic activity increases the body's production of endorphins (a natural sedative) and catecholamine (chemical substances that help stabilize moods). So, aerobics can makes you feel happy "Aerobic" means literally "with oxygen" in opposition to "anaerobic," which means without or with little oxygen. In order to understand what aerobic and anaerobic systems do in the human body, we must explain first what role they play during exercising. The major benefits of aerobic exercises are a stronger and more efficiently operating heart and lungs, more energy physical flexibility, conditioned muscles, proper use of fats and effective burning of calories. The increased oxygen flow gained through aerobics re-energizes by given you more energy and a 're-awakening' of your senses. [patricia patmo -1985 (muscle aerobics the ultimate workout for body shaping) U.S.A]

Circuit training methods was designed by Adamson and Morgan of Leads University in 1957. It is a scientific arrangement of exercises, performed systematically and repeatedly as circuit. Circuit training is the training method in which certain exercises of various kinds are performed with or without apparatus with given dosage. The circuit training’s main object is to develop endurance and strength simultaneously. Flexibility and mobility are also considered its objectives.

The obesity and overweight are the most serious health problems facing this nation and right now it is the most common disability in elementary school level according to the current statistics among the school children over 20 percent are having over weight and obese because of improper physical exercise program in their schools children who are obese may seen...
relatively health in their youth however they usually face serious medical complication later in their life these children may at higher for coronary heart disease, respiratory impairment, diabetes orthopedic problem and certain type of cancer may affected

Body mass index or BMI is a simple and widely used method for estimating body fat mass. BMI was developed in the 19th century by the Belgian statistician and anthropometries BMI is an accurate reflection of body fat percentage in the majority of the adult population. It however is less accurate in people such as body builders and pregnant women. A formula combining BMI, age and gender can be used to estimate a person's body fat percentage BMI is calculated by dividing the subject's mass by the square of his or her height, typically expressed either in metric or US "Customary" units:

Metric: \( BMI = \frac{\text{kilograms}}{\text{meters}^2} \)

Materials and Methods
To achieve this purpose, forty five students were selected from the ONGC PUBLIC SCHOOL Karaikal in the age group of 14 to 17 years randomly with their consent. The selected subjects were divided into three equal groups of fifteen subjects each, namely aerobic training group, circuit training group and control group. The selected criterion variable was assessed

BMI = \frac{\text{mass (in kg)}}{\text{height (in m)}^2}

Results of the Study
The descriptive analysis of data collected on selected waist circumference before and after twelve weeks of aerobic and circuit Training program is presented in table

<table>
<thead>
<tr>
<th>Group</th>
<th>Pre Test</th>
<th>Post test</th>
<th>Adjusted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Circuit</td>
<td>78.16</td>
<td>77.77</td>
<td>78.73</td>
</tr>
<tr>
<td>Aerobic</td>
<td>78.94</td>
<td>77.98</td>
<td>78.27</td>
</tr>
<tr>
<td>Control</td>
<td>80.71</td>
<td>80.79</td>
<td>79.45</td>
</tr>
</tbody>
</table>

Means for Circuit, Aerobic and Control groups

<table>
<thead>
<tr>
<th>Source of variance</th>
<th>Sum of Squares</th>
<th>Df</th>
<th>Mean of Squares</th>
<th>Obtained F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between</td>
<td>51.37</td>
<td>2</td>
<td>25.59</td>
<td>180.72</td>
</tr>
<tr>
<td>Within</td>
<td>389.59</td>
<td>42</td>
<td>9.27</td>
<td></td>
</tr>
<tr>
<td>Between</td>
<td>80.79</td>
<td>2</td>
<td>40.39</td>
<td>99.22</td>
</tr>
<tr>
<td>Within</td>
<td>301.13</td>
<td>42</td>
<td>7.17</td>
<td></td>
</tr>
<tr>
<td>Between</td>
<td>62.58</td>
<td>2</td>
<td>31.29</td>
<td>49.8</td>
</tr>
<tr>
<td>Within</td>
<td>340.04</td>
<td>41</td>
<td>8.29</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level

(The table value required for significant at .05 levels with df 2 and 242; and 2 and 41 respectively)

Table showed that the pre test means of obesity of circuit training group was 78.16 aerobic Training group was 78.94 and that of control group was 80.71. The obtained F ratio for pre test was 180.72 which was higher than the table value. This showed that statistically there was significant difference between the pre test means at .05 level of confidence. The post test of circuit training group was 77.77, aerobic group was 77.98 and that of control group was 80.71 and they have an F ratio of 99.22 which was significant at 0.05 level of confidence. The difference post test means indicated that there was significant difference in waist circumference with in the aerobic training group after the training period.

Discussion
Several research studies suggest that aerobic exercise may be valuable for reducing the waist circumference. According to Peter, Olga 2007, varied aerobic training programme was clinically relevant effects on aerobic performance in adolescents severe obesity. School student have the opportunity to utilize the different modes of exercise in their day to day life. The main goal of the workout is to reduce the waist circumference, and every school students needs to choose which modes will suit him the best.

Conclusion
The result of this study shows that, the aerobic exercise has significant improvement on waist circumference among school obese student as compared to circuit training group and control group.

References
4. Harris Effect of school-based physical activity

Using standard test and procedures before and after the training regime. Obesity was tested before (pre) and after (post) the training programme for both experimental and control group by using waist circumference. The selected subjects had undergone the aerobic and circuit training daily for twelve weeks. Aerobic training after get warm up (5minutes) underwent cycling, calisthenics, rhythmic exercises, continuous slow running, sit-ups. Circuit training also underwent bench press, half squats, standing jumps, deadlift, pull-ups, push-ups, shuttle run. The control group did not participate in any specialized training programme during the period of study.

Statistical Analysis
ANCOVA was used to find out the significant differences in obesity between aerobic training group, circuit training group and control group. BMI was tested before (pre) and after (post) the training programme for both experimental and control group by using waist circumference. They were statistically significant at 0.05 level of confidence.