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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

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the activity of pulmonary and cardio-vascular systems. During aerobic exercise, the body uses and transports oxygen to the working muscles to maintain the activity. Aerobic exercise includes such activities as brisk walking, running, swimming, step aerobics, cycling, and aerobic dance, cross country, skiing and rowing.

Bucher (1985) stated that Aerobic exercises are any physical activity that requires your heart rate to reach at least sixty percent of your maximal heart rate for an extended period of time. An aerobic dance program contributes to physical fitness by providing aerobic exercise and improving cardio respiratory endurance, strength, flexibility and muscular endurance.

Jackson (1987) stated that aerobic exercises depends upon the continuous action of a number of groups of muscles over a period of time, they get fitter than you are able to get from longer periods out of your muscles. The process of increasing aerobic fitness involves increasing the rate at which blood can be carried from the lungs to the exercising muscles. This obviously depends partly upon the heart itself, but it also depends upon increasing the blood supply to the muscle tissue and increasing their ability to extract oxygen from the blood. Aerobic exercise is also the kind that aids weight loss.

Mildred and cooper (1972) have proposed for woman a point system for activities to develop circulatory and respiratory fitness, called aerobics. The general plan is for the individual to accumulate thirty points a week from selection of activities; each activity has a point value commensurate with its contribution to aerobic fitness. The aerobic point system was derived from laboratory measurements of oxygen costs of the exercise as well as data derived from field tests.

Christina barth (1982) stated that word aerobic simply means with Oxygen and can therefore be used to describe many form of exercises or sports such as jogging swimming dancing. The purpose of all these form exercise is to make the muscles including the heart which is the muscle work harder than normal. These increases their need for oxygen and body responds both by breathing more deeply, raising the oxygen intake by the lungs and by speeding up the heart rate so that more oxygen reach blood is pumped round the body to supply the muscles. The muscles therefore become stronger and more efficient will to whole cardio vascular systems your heart

lungs and circulatory system toned up and improving efficiency.

Donald (1991) opined that because aerobic activities have been linked with coronary heart diseases prevention and to caloric expenditure they have received a great deal of attention in boat Reached and practice. Research suggests that aerobic development requires 20 to 60 minutes (with some individual variations) of rhythmic exercises such as jogging or swimming at 60% to 80% of maximum heart rate (approximately 150 to 170 beats per minute for adolescents) 3 to 5 days a week.

Objective of the Study

The purpose of the study was to investigate the Impact of aerobic exercise Training programme on Anthropometric Measurements among College Woman. It was hypothesized that there would have been a significant effect of 8 weeks of aerobic exercise training programme on Anthropometric Measurements among College Woman.

Procedure

To carry out the Impact of Aerobic exercise on Anthropometric Measurements (Height and Weight) of 50 College Woman were selected randomly as per age, height and weight. The subjects were made of one group 50 college women. The subjects were tested on above mentioned certain variables before and after completion of 8 weeks.

The Anthropometric Measurements (Height and Weight) was determined by aerobic exercise and Height and Weight. T-test and co relation was used to find out the significance of the study.

Results and Discussions on Findings

The findings pertaining to analysis of t-value between experimental group on Anthropometric Measurements (Height and Weight) among college woman pre-test and post-test respectively have been presented in table No.1 to2.

Table No.1 and Graphe shows the Pre-test Mean, standred divition (SD) and level of Anthropometric Measurements (Height and Weight) of College Woman

TABLE NO.1

Table – 1: Pre-test and Post –test between Experimental Group on Weight

Sl. No	Type of test	Mean	S. D	N	t-value	P	Remarks
1	Pre Test	44.0200	5.10098	50	8.074	.000	S
2	Post Test	42.1600	4.72665				

The table No 1 shows the significance difference of pre –test & post-test as well Mean, SD and t – value .The mean score of pre-test was 44.02 and post-test is 42.16,Standred deviation pre- test was 5.100, post-test is 4.72. The variables of this

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.

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

Sl. No	Type of test	Mean	S. D	N	t-value	P	Remarks
1	Pre Test	144.940	5.51218	50	12.714	.000	S
2	Post Test	147.100	5.87367				

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,Standred 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

enhancement in their Anthropometric Measurements. Aerobic exercise increases the Micro level of subjects Height and Diereses 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 woman. The findings of the present study have strongly indicates that aerobic exercise training of 8 weeks have significant effect on selected Anthropometric Measurments (Height and Weight). Hence the hypothesis earlier set that aerobic exercise training programme would have been significant effect on Motor selected Anthropometric Measurments (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 Measurments (Height and Weight) among College Woman.

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