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Effect of exercise on pulse rate of non-sportsmen of Sirsa

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Abstract

The objective of the study was to find out the effect of the exercise on pulse rate of non-sportsmen of Sirsa. For the study a total of 50 non-sportsman 25 for control group and 25 for experimental group were selected as the subjects. The age of the subject was range between 30-40 years. The subjects were performed physical fitness programme in gym. The schedule was decided for five days exercise, day one-endurance, day two-agility, day three-flexibility, day fourth-strength, day fifth-speed. Subjects 'everyday performed warming up and limbering down before and after the workout of 25-35 minutes. The 30 days subjects (experimental group) assembled in the gym at morning for 5 days per weeks of six weeks for total 45-60 minutes. Control group was not exposed to physical fitness programme. The results indicate that there was significant difference in the initial means and the final means of the exercise after training programme was found to be effective on pulse rate for experimental group.

Keywords: Physical fitness, pulse rate, non-sportsmen, Sirsa

1. Introduction

Pulse rate is frequently used as a measure of a person's physical fitness. A low resting pulse rate is usually taken as an indication that the person is physically fit. A person's pulse rate increases with physical activity, and this increase is often monitored during exercise to ensure that he or she is working out at the correct level of exertion. The study was delimited to sedentary individuals between the chronological age 30-40 years of males of Sirsa. The study was further delimited to the pulse rate only. Certain factors like life style, routine work, diet etc. may have affected the results of this investigation acted as limitation for the study.

1.1 Objective

The objective of the study was to determine the effect of exercise on non-sportsmen tested through pulse rate.

2. Methodology

2.1 Subjects

The subjects were selected from the Sirsa local people. 25 subjects were purposely chosen for experiment from the standard gym of Indore who were newly joined and 25 were chosen for control group. The age of subjects was between 30-40 years.

2.2 Procedure

Pulse rate were administrated at the standardized gym of Sirsa. Pulse rate was measured by qualified person. The subjects were performed physical fitness programme in gym. The five days schedule was day one-Endurance, day two- Agility, day three- flexibility, day four-strength, day five- speed. Subject's everyday performed warming up and limbering down before and after the workout of 25-35 minutes. The 30 subjects (experimental group) assembled in the gym at morning for 5 days per week of six weeks for total 45-65 minutes. Control group was not exposed to physical fitness programme.

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3. Results

The data was collected on pulse rate for both the groups under similar conditions. In order to determine the significant difference between experimental group and control group after

administering the treatment, the pre and post test score were collected, the initial and final test score has been analyzed using “t” ratio at 0.05 level of significance.

Table 1: Significance difference between Pre-Test and post-Test Means of Experimental and Control group in pulse rate

Number of Subjects	Variables	Means Pre-Test	Post-Test	S.D. Difference	Cal. Value	Tab. Value
25	Experimental Group	78.80	74.80	3.53	5.47*	2.145
25	Control Group	72.600	72.800	.861	.899	

*Significant difference at 0.05 level of significance, $t_{.05}(14) = 2.145$

Table-1 revealed that there was significant difference in the initial means and the final means of the exercise after training programme as the obtained t- ratio (5.47) was greater than the tabulated “t” value (2.145) at 0.05 level of significant at 14 degrees of freedom. It is also evident from same table that there was no significant difference in the obtained “t” value (.861) at 0.05 level of confidence of the 14 degree of freedom.

4. Discussion

On the basis of the findings the six weeks fitness programme was found to be effective on pulse rate for experimental group. Table-1 showed that the physical fitness programme have positive effect on Resting Pulse rate. Through fitness programme the subject improve cardiovascular system which help to pump more blood from the heart per beat. The recovery rate becomes quicker. The number of capillaries May increases with the heart becomes stronger and larger as a result of exercise therefore it could pump more blood through the heart with every beat and sustain its maximum level with less strain. Due to this the pulse rate becomes lower.

5. Conclusion

The Recovery Rate becomes quicker.

The Resting Pulse Rate becomes lower.

The Cardiovascular system becomes more efficient.

6. References

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