

OUTCOME OF AEROBIC EXERCISE ON AGILITY OF MENFOLK

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ABSTRACT

The purpose of this investigation was to find out the effect of aerobic exercises on the agility. To achieve this purpose, thirty male untrained were selected randomly as subjects. They were assigned randomly into experimental and control groups on fifteen each. Group I underwent aerobic exercise training and group II acted as control. All the subjects of two groups were tested on agility before the training secession. Analysis of covariance was used to determine the significantly difference existing between pre-test and post-test on agility. The result of the study proved that due to the effect of aerobic training there was an improvement in agility of Group-1(experimental groups).

Key words: Aerobic exercise, Agility, Menfolk.

INTRODUCTION

Aerobic exercise in which oxygen is used up more quickly than the body is able to replenish it inside the working muscle. As a result, muscle fibers have to derive their contractile energy from stored substrates like Glycogen (stored carbohydrates), ATP (Adenosine Tri- Phosphate), and CP (Creatine Phosphate). Weight training is an example of such an activity. It is highly anabolic in nature but also highly catabolic if done in excess. Aerobic exercise in cystic fibrosis (CF) is limited by the inability of the cardiorespiratory system to compensate for the increase in metabolic demands inherent to sustained effort. Regular exercise in patients with CF has been associated with improved aerobic exercise endurance and quality of life (Kaplan., ZeBranek andMcKey 1991). Several training schedules have attempted to improve pulmonary.

(Vinu. 2018), Aerobic dance is a fun way to get fit. It combines fat-burning and stretching into routines that are performed to music. It is usually offered at three intensity levels: low, intermediate and high. Low impact is usually for beginners. It is performed at a lower intensity and at a slower pace. At the intermediate-level dancers start to receive the benefits of dance aerobics. Their lungs and heart become stronger and more efficient, agility develops. At the high-level intensity dancers work extremely hard and this also helps the heart and lungs become for efficient and stronger.

METHODOLOGY

Subjects and Variables

The purpose of the study was to find out the effects of aerobic training on agility of men Kho-Kho players. To achieve the purpose of the study thirty male students, were selected as subjects. The age, height and weight of the subjects ranged from 18 to 23 years, 162 to 175 centimetres and 50 to 65 kg respectively. They were assigned randomly into experimental and control groups on fifteen each. Group I underwent aerobic training and group II acted as control. All the subjects of two groups were tested on agility. Analysis of covariance was used to determine the significantly difference existing between pre-test and post-test on agility. Agility was measured by shuttle run test.

Table - VI
ANALYSIS OF COVARIANCE ON AGILITY OF EXPERIMENTAL AND CONTROL GROUPS

	Experimental Group	Control Group	S o V	Sum of Squares	df	Mean squares	F ^{**} ratio
Pre-Test	18.39	18.39	B	0.001	1	0.01	0.64
Mean SD	.0124	.014	W	0.005	28	0.01	
Post test Mean	22.77	18.39	B	143.88	1	143.88	29.29*

SD	3.134	.014	W	137.52	28		
Adjusted Post Test Mean	20.58	18.39	B	144.51	1	144.51	28.61*
			W	136.35	27	5.05	

(The required table value for significance at 0.05 level of confidence with degrees of freedom 1 and 27 is 4.21 and degree of freedom 1 and 28 is 4.20.)
*Significant at .05 level of confidence]

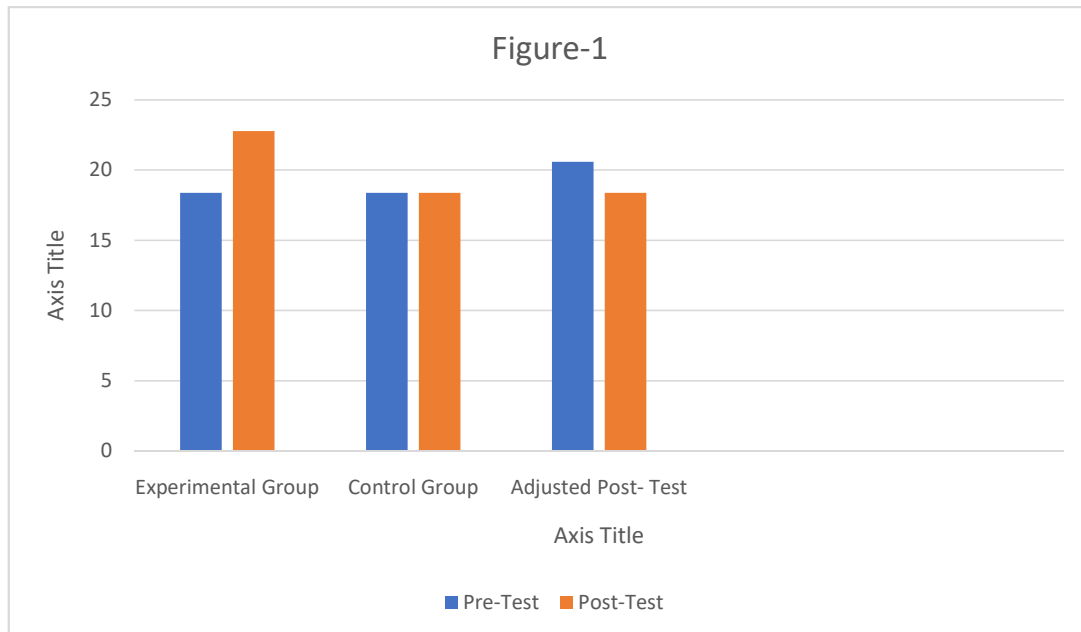


Table -I shows that the pre-test means on agility of experimental group and control groups are 18.3960 and 18.392 respectively. The obtained F ratio value of 0.64 was lesser than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence, which proves that the random assignment of the subjects was successful as the pre test scores on agility. The post-test means and standard deviation on agility of experimental and control groups are 242.77 and 18.39 respectively.

The obtained F ratio value of 29.29 was higher than the required table value of 4.20 for the degrees of freedom 1 and 28 at 0.05 level of confidence. It implies that there is a significant difference existed between the groups during the post test period on agility. The adjusted post-test means on agility of experimental and control groups are 20.58 and 18.39 respectively. The obtained F ratio value of 28.61 was higher than the

required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. Hence, it concluded that due to the effect of six weeks of aerobic training the agility of the subjects was significantly improved

DISCUSSION

This study in line up with the study of Vinu. 2018 which states that aerobics helped in developing the agility of players.

CONCLUSION:

It concluded that due to the effect of six weeks of aerobic training the agility of the subjects was significantly improved.

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