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Effects of Pranayama Practices and Interval Training; On Selected Health Related Physical Fitness and Cardiopulmonary Variables among School Boys

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Abstract

The purpose of the study was to find out the "effects of Pranayama Practices and interval training selected health related physical fitness and cardiopulmonary variables among schools boys". To achi this purpose of the study sixty students from Government higher secondary school Markkampatti, w selected subjects at random. The age of subjects ranged from 13 to 17 years. They were divided into th groups. Experimental group I, Experimental group II, Control group. Experimental group I Pranay practices, Experimental group II Interval training Experimental group III control group. Underwent training the data was before and after twelve weeks training.

The analysis of covariance (ANCOVA) were used to the test the significance. Three groups w compared, whenever obtained "F" ratio for adjusted posttest was find to be significant, the schefee's to find out the paired mean differences if any, The 0.05 level confidence was fixed as the level significance to the test 'F' ratio obtained by the analysis of covariance, which was considered as appropriate.

Keywords: Pranayama, interval training, heart rate, Breath holding time.

Introduction

Physical Education has long believed that exercise is essential to maintain good health. Dur the past twenty year a great deal of evidence has been reported by the medical research supporting the value of vigorous exercise for promoting health (Ted A. Baumgarthar 1987). Yoga provides linkage between body mind and soul. Yoga starts from cleanliness of the bc and mental through process, word and action of a man. (Iyengar.B.K.S.2004). Pranayama means break in the moment of Breath; Prana meaning Breath and Yama mean pause.

Woldemar Gerschier a professor of university of Freiburg in Germany, Interval or rest peri between the fast runs. Sprinting for 45 meters and jogging for 55 after each for distance up t km. In other words each 400 meters the about would combined four 55 meter jogs.

The physical fitness parameters associated with health muscular endurance "is the ability muscle group to develop maximal contractile force against as resistance in a single contract (Heyward 2002).

Cardio Respiratory endurance perform dynamic exercise involving large muscle group moderated to high intensity for prolonged periods (Heyward 2002).

Heart rate, or heart pulse, is the speed of the heart beat measured by the number of pound of the heart per unit of time.

Breath holding time - A through index of cardio pulmonary reserve measured by the lengt the time that person who is a subject breathing normal duration is 30 seconds cardia pulmonary reverse is duration of 20 seconds or less.

Statement of the problem

The purpose of the study was to find out the effects of pranayama practices and interval training on selected health related physical fitness and cardio pulmonary variables among school boys.