



Website: [www.rdmodernresearch.com](http://www.rdmodernresearch.com)

ISSN: 2454 – 6119

Volume II, Issue I, 2016

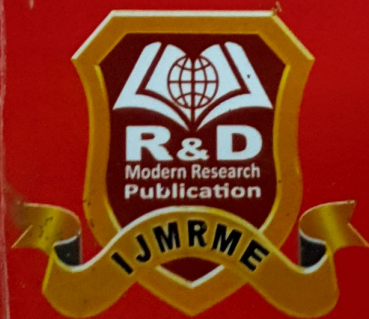
Email: [editor.ijmrme@gmail.com](mailto:editor.ijmrme@gmail.com)

[review.ijmrme@gmail.com](mailto:review.ijmrme@gmail.com)

# INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND MODERN EDUCATION

ISO: 9001-2015 CERTIFIED PUBLICATION

International Peer Reviewed Online Journal



Published By

**R&D Modern Research Publication**

Perambalur, Tamilnadu, India.





## **INFLUENCE OF YOGA WITH VARIED FORMS OF AEROBIC EXERCISES ON LIPID PROFILES AMONG OVERWEIGHT SCHOOL BOYS**

**S. Sivakumar\* & Dr. K. Chandrasekaran\*\***

\* Ph.D Research Scholar (Full Time), Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu

\*\* Chairperson, Professor & Head, Department of Physical Education, School of Education, Madurai Kamaraj University, Madurai, Tamilnadu

### **Abstract:**

*The purpose of the study was to find out the influence of yoga with varied forms of aerobic exercises on lipid profiles among overweight school boys. To achieve the purpose of the present study, sixty overweight school boys from Madurai district, Tamilnadu were selected as subjects at random and their ages ranged from 14 to 17 years. The subjects were divided into three equal groups of twenty overweight school boys each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The groups were assigned as yoga with floor exercises, yoga with step exercises and control group in an equivalent manner. The experimental group participated the training for a period of twelve weeks to find out the outcome of the training packages and the control group did not participated in any training programme. Analysis of covariance and scheffe's post hoc test was used. In all cases 0.05 level of confidence was fixed to test hypotheses. The yoga with floor exercises group had shown significant improvement in all the selected lipid profiles among overweight school boys. The yoga with step exercises group had shown significant improvement in all the selected lipid profiles among overweight school boys.*

**Key Words:** Yoga, Step Aerobics, Floor Aerobics, Lipid & Overweight School Boys

### **Introduction:**

The focus of today's yoga is more on practical benefits. There is a definite difference between yoga, stretching and normal exercise. Yoga teaches the concept of focusing awareness while performing specific postures. The benefits of yoga are numerous, including improved physical fitness, stress control, general well-being, mental clarity and greater self-understanding (Chandrasekaran, 2003). Step aerobics form of aerobics exercise distinguished from other types of aerobic exercise by its use of an elevated platform. The height can be tailored to individual needs by inserting risers under the step. Step aerobics classes are offered at many gyms and fitness centers which have a group exercise program. Step aerobics helps burn calories. The number of calories burned depends on the speed of movements, step height and length of exercise time. Step aerobics provides endurance training, which helps maintain the health of the cardiovascular system. The strength training component of step aerobics helps to improve gait and balance. Step aerobics provides flexibility that enhances joint movements. Step aerobics has a positive impact on mental health as well. Since the workout is fun and enjoyable, it can help to release stress. If the workout is done in a group, the exercise session can create social contacts with others. Lastly, step aerobics is suitable for all ages, less expensive. Floor aerobics are a kind of aerobics that are generally performed using no equipment whatsoever. While water aerobics require the use of belts and floating resistance devices, kickboxing aerobics requires a punching bag and gloves, and step aerobics requires a step aerobics bench, floor aerobics really only requires a firm, steady surface on which to practice the moves. In other words, the only piece of equipment needed to perform floor aerobics is a floor (Stoll & Jennifer, 1989).





## INFLUENCE OF STEP AEROBICS AND RESISTANCE VEST TRAINING ON SELECTED ANTHROPOMETRIC VARIABLES AMONG ATHLETES

P. Sugumaran\* & Dr. K. Chandrasekaran\*\*

\* Ph.D Research Scholar, Department of Physical Education, Madurai Kamaraj University, Madurai, Tamilnadu

\*\* Chairperson, Professor & Head, Department of Physical Education, School of Education, Madurai Kamaraj University, Madurai, Tamilnadu

### Abstract:

The purpose of the study was to find out the influence of step aerobics and resistance vest training on selected anthropometric variables among athletes. To achieve the purpose of the present study, forty five athletes from PMT College, Madurai district, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 28 years. The subjects were divided into three equal groups of fifteen athletes each. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=45) were randomly assigned to three equal groups of fifteen athletes each. The groups were assigned as step aerobic exercises, resistance vest training and control group in an equivalent manner. The group I underwent step aerobic exercises, group II underwent resistance vest training, group III acted as a control group. The two experimental groups were participated the training for a period of twelve weeks to find out the outcome of the training packages and the control group did not participated in any training programme. The variable to be used in the present study was collected from all subjects before they have to treat with the respective treatments. It was assumed as pre-test. After completion of treatment they were tested again as it was in the pre-test on all variables used in the present study. This test was assumed as post-test. Analysis of covariance (ANCOVA) was applied and whenever the adjusted post-test means were found significant, the scheffe's post-hoc test was administer to find out the paired means difference. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study. Thus based on the result, it was concluded that the step aerobics and resistance vest training methods would provide better means and methods for developing the anthropometric variables that are needed for better athlete.

**Key Words:** Step Aerobics, Resistance Vest Training, Hip Girth & Thigh Girth, Athletes

### Introduction:

Step aerobics is distinguished from other forms of aerobic exercise by its use of an elevated platform (the step). The height can be tailored to individual taste by inserting risers under the step. Step aerobics classes are offered at many gyms and fitness centers which have a group exercise program. Step aerobics can also be involved in dancing games, such as Dance Revolution or In the Groove. Even so, the dynamics of the idea are more complicated than implied by the definition. Aerobics can be viewed as an intricate system of bodily supply and demand. That is, the body needs energy for any kind of activity and the need is filled by burning off the foods that we eat. Oxygen is the spark the fuel needs to burn regardless aerobics is the word in general use (Keneddy & Newton, 1997). The fact is that Cooper (1969) codified and organized what fitness means to many people. He is generally credited with being one of the main forces of the current fitness craze. The majority medical opinion is that aerobic programs strengthen the heart muscle, increase the efficiency of lungs and offer other wonderful benefits