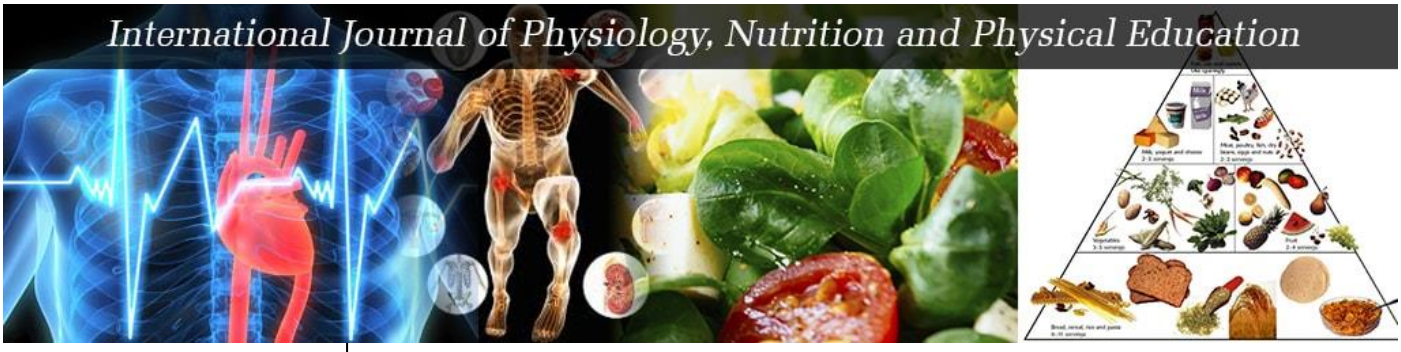

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The effect of aerobic exercises on resting pulse rate variables of women college students

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Abstract
The main aim of this study is to find Aerobic Exercises on resting pulse rate Variables of Women. Considering the mentioned objective, 20 students of B.A.J.S.S. Arts and Commerce College for women, Ranebennur, Haveri District of Karnataka state, India are selected as cases for this study and they are randomly taken into training group. The group has participated in Aerobic Exercises training process continued 12 weeks, with their daily activities.

Keywords: aerobic exercises, resting pulse rate

Introduction
Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons including strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It also improves mental health, helps prevent depression, helps to promote or maintain positive self-esteem, and can even augment an individual's sex appeal or body image, which is also found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the "miracle" or "wonder" drug—alluding to the wide variety of proven benefits that it provides

Aerobic Exercise Meaning
Aerobic exercise is any physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. It strengthens your heart and lungs and trains your cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout your body.

Meaning of Resting Pulse Rate
By measuring your resting heart rate (RHR). Your RHR is the number of times your heart beats per minute while you're at rest. If you have a diagnosed heart condition, factors such as your medications and the nature of your heart problem may influence your RHR.

The Aim of this Study
The aim of this study is to find the effect of 12 weeks of Aerobics Exercise on the Resting pulse rate of women's college students.

Method
Study sample
Study participants were recruited from the class of B.A.J.S.S. Arts and Commerce College for women, Ranebennur, Haveri District of Karnataka state, India. The purposeful sampling method was used to select 20 students aged between 16 to 22 years. Then, the random sampling method was adopted to students in the experimental (N=20) groups.

Study Methods and Procedures

The study was conducted Every Monday to Friday, the Aerobics Exercise training was administered from 5;00 p.m to 6.00p.m. The random sampling method helped to students in the experimental (N=20) groups, and all students went through a pre-test of Resting pulse rate. Students in the experimental group were then provided with 12 weeks of Aerobics Exercise training. A post-test of Resting pulse rate was performed after the 12-week training intervention.

Training Prescriptions in the Experimental Group

Exercise pattern

Aerobic exercise includes increasing the duration of sessions 5 to 10 minutes every 1-2 weeks for the first 4-6 weeks, Second 6-8 weeks, Third 8-12 weeks. Frequency and intensity can be tolerated as progressed. Overall volume should be monitored for adverse effects decreased if necessary. Aerobics was the primary activity in this experimental study. Students had done some Aerobic exercise in every training session. In addition, the students Performed warm-up and relaxation stretching exercises, which included stretches of the neck, arms, waist, leg muscles, ankles, and wrists. Both warm-up and relaxation stretches took 5 minutes, leading to a total of 45 minutes per training session.

Exercise duration and frequency

Students in the experimental group were provided with a 12 - week Aerobics training program, delivered 6 times a week, for 45 minutes each time.

Data management and analysis

Test results were analyzed using SPSS 17.0 for Windows.

Statistical methods included

The significance was fixed at 0.05 levels to test the 'F' ratio obtained by analysis of covariance.

Results

In order to gather the required data, 20 students between 16 to 22 years old of B.A.J.S.S. Arts and Commerce College for women, Ranebennur, Haveri District of Karnataka state, India. some families have accepted to participate in the study. The selected cases has taken in one groups (20 for each) which are training groups. The demographic characteristics of the subjects are presented in Table. The results has shown that the pre test and post test significance differences in Resting pulse rate.

Table 1: Table Shows the Mean, Standard Deviation and 't'- value of Pre-test and Post–test for Aerobic Exercise training Experimental Group on Resting Pulse rate performance.

Variable	Test	N	Mean	SD	t- Value
Resting Pulse rate	Pre-test	20	110.0000	11.92079	7.946*
	Post-test	20	89.3500	7.96885	

The level of significant 0.05=Table value =2.000

Table indicates that the t value is more than the table value that is 2.000, hence it is significant. The pre-test mean value is 110.0000 and the post-test mean value 89.3500. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Resting Pulse rate performance of women owing to the twelve weeks Aerobic Exercise the same as displayed in the figure.

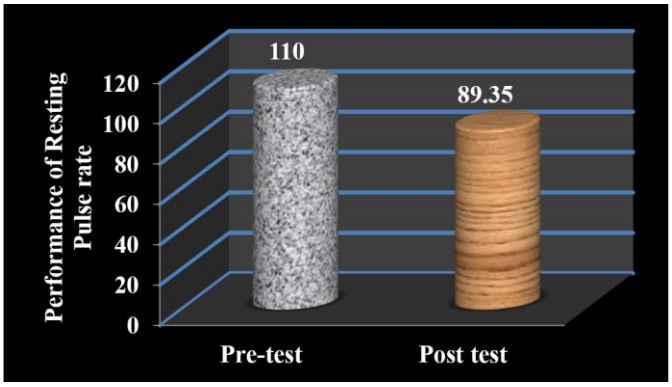

Fig 1: Figure is Showing the Mean, Standard Deviation and 't'- value of Pre-test and Post–test for Aerobic Exercise training Experimental Group on Resting Pulse rate Performance

The above figure is clearly indicates that the twelve weeks Aerobic Exercise training performance is drastically improved the Resting Pulse rate of the subjects.

Conclusion

This study indicates that there was a highly significance difference in resting pulse rate between pretest and post test among Experimental group of B.A.J.S.S. Arts and Commerce College for women athletes Ranebennur, Haveri District of Karnataka state, India. According to the obtained results, it is concluded that, Aerobics Exercise improvement in the resting pulse rate of 16 to 22 years college students

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