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## Impact of selected yogic practices and aerobic exercises on health related physical fitness variables among men students

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### Abstract

The purpose of the study was to find out the impact of selected yogic practices and Aerobic exercises on health related physical fitness variables among college men students. To achieve the purpose of the study Seventy-five students were selected from different colleges in Chennai. The age of the subjects ranged from 18 to 25 years. The selected subjects were randomly divided into two experimental groups and one control group. Group I underwent Yogic practices in selected asanas and pranayama; Group II underwent Aerobic exercises and Group III acted as Control Group for three alternate days in a week for a period of 12 weeks. The dependent variables selected for this study were Cardio vascular endurance and Muscular strength/endurance. The data were collected from each subject before and after the training period and statistically analyzed by using dependent t test statistical significance was set at 0.05 level of confidence. It was found that Aerobic exercises group was found to be better in improving cardio vascular endurance and muscular strength/endurance when compared to the yogic practices group.

**Keywords:** Yogic practices, aerobic exercises, muscular endurance, cardiovascular endurance

### Introduction

The science of yoga works on physical, mental, emotional, psychic and spiritual aspects person. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in position to each other. Therefore, yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good at the whole body. Yoga is also blissful contact with the supreme element, higher than the highest of the known elements, through the process of absorption or dissolution, the process called Laya. It is establishing ecstatic oneness between the finite and the infinite, between the microcosm and the macrocosm, between the inner being and the supreme being. Swami Rajarishi Muni (1999).

Health-related physical fitness is defined as fitness related to some aspect of health. This type of physical fitness is primarily influenced by an individual's exercise habits; thus, it is a dynamic state and may change. Physical characteristics that constitute health-related physical fitness include strength and endurance of skeletal muscles, joint flexibility, body composition, and cardiorespiratory endurance. All these attributes change in response to appropriate physical conditioning programs, and all are related to health.

### Methodology

The purpose of the study was to find out the impact of selected yogic practices and Aerobic exercises on health related physical fitness variables among college men students. To achieve the purpose of the study Seventy-five students were selected from different colleges in Chennai. The age of the subjects ranged from 18 to 25 years. The selected subjects were randomly divided into two experimental groups and one control group. Group I underwent Yogic practices in selected asanas and pranayama; Group II underwent Aerobic exercises and Group III acted as Control Group for three alternate days in a week for a period of 12 weeks. The dependent variables selected for this study were Cardio vascular endurance and Muscular strength/endurance.

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The dependent variables namely Cardio Vascular Endurance measured by Cooper's 12min run/walk test and Muscular Strength/Endurance measured by Bent Knee Sit ups. The data were collected from each subject before and after the training

period and statistically analyzed by using dependent t test statistical significance was set at 0.05 level of confidence.

## Results

**Table 1:** Summary of mean and dependent "t" test for the pre and post test on selected variables of experimental and control groups

Variables	Mean	Yogic practices Group	Aerobic training Group	Control Group
Cardiovascular Endurance	Pretest Mean	450.56± 9.70	449.60± 6.91	442.80 ± 6.82
	Posttest Mean	427.33 ± 7.53	403.83± 7.03	446.20 ± 7.31
	„t“ Test	10.23*	2.44*	1.03
Muscular Endurance	Pretest Mean	24.16 ± 1.65	24.08 ± 2.66	25.00 ± 3.24
	Posttest Mean	26.64 ± 2.13	28.12 ± 2.61	24.96 ± 3.44
	„t“ Test	6.957*	19.81*	0.125

\*Significant at .05 level. The table value required for .05 level of significance with df 24 is 2.06.

The obtained "t" ratio value of experimental groups is higher than the table value and it is understood that both yogic practice and exercises had significantly improved the performance of selected criterion variables. Since the obtained "t" ratio value of experimental groups are greater than the value.

## Conclusion

Aerobic exercises group was found to be better in improving cardio vascular endurance and muscular strength/endurance when compared to the yogic practices group.

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