

# Identification Of Effect In Between Ashtanga Yoga And Circuit Training Program On Cardiovascular Endurance Of Students Who Are Not From Sports Background

<sup>1</sup>. Dr. Neelam Sharma <sup>2</sup>.Dr. Deepender Singh , <sup>3</sup>.Dr Anil Kumar <sup>4</sup>.Mr Rahul Dev Choudhury,<sup>5</sup>.Thanuja Prabashani Liyanage

<sup>1</sup> Professor, Department of Physical Education, Faculty of Business and Applied Arts, Lovely Professional University, Phagwara, Punjab

<sup>2</sup> Assistant Professor, School of physical education, Lucknow campus, Rashtriya Raksha University, gujrat

<sup>3</sup>. Assistant professor, Himachal Pradesh University Shimla

<sup>4</sup>. Research Scholar, Lovely Professional University- Phagwara, Punjab

<sup>5</sup>. Senior Lecturer ,Sabaragamuwa University pf Sri Lanka

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## Abstract

The purpose of the current study was to identify the effect in between yoga practices and circuit training on cardio vascular endurance on students who are not from sports background, 90 male students age group 15-17, from “IIMT Boarding” were randomly selected and divide them in three groups for a 12 week circuit training program and yoga asana program, and one in control group which was 5 days a week, The selected dependent variable was the performance of participants in Peak Flow Meter. Pre- and post-test data was collected, on basis which “ANCOVA” was applied to identify difference between the groups. The level of significance was set at 0.05. A Significant differences was seen in the pre-post data as the p value obtained (0.011) was less than  $p < 0.05$ .

**Keywords:** circuit training, yogic exercise and peak flow rate ,Good health and well being,Quality education

## Introduction

It is no exaggeration to mention that the bodily schooling is the crucial a part of standard schooling and unified pressure that emerges out of the really apt mixture of the prestigious dual departments of understanding and is capable of manufacturing suited outcomes some of the students. The schooling need to now no longer simply be a sea of acrobatics. The contemporary thinkers in schooling emphatically strain that the pleasant man or woman is person who is physically fit, mentally sound and sharp, emotionally balanced, socially properly adjusted, the scientifically planned curriculum of bodily schooling merits tons consideration. It turns into vital that physical education need to be placed into right attitude and carefully studied for the welfare of humanity at large. The schooling coverage need to be hooked up among schooling and bodily schooling for figuring out and reaping the culmination of schooling services. In this contemporary technology in which human beings are stricken by numerous types of fitness associated illnesses or

fitness threats because of missing in cardiovascular persistence it's far very critical to educate them for development of their health and numerous motor talents like cardiovascular persistence. The numerous functions for which bodily schooling has existed in lives of numerous nations and cultures from the earliest instances till the prevailing both at once or circuitously bodily sports has performed a element with inside the lives of all human beings. Sometime this hobby has been prompted through statistics along with necessity for incomes livelihood, whereas, in different example it has resulted from a preference to stay a fuller life. The goal of physical education modified over the direction of records in order that at the prevailing time they're directed at a better development of man or women now no longer best bodily however additionally psychologically and socially. These changing concepts of bodily schooling have come approximately due to a few years of enjoy and examine with regard to the values inherent in participation in bodily sports below certified leadership. Cardiovascular persistence is the frame's potential to bring oxygen to muscle groups whilst they're exhaustion, as indicated through the Department of Health and Human Services. Body's potential to continue with effort while getting energy from the lively framework used to deliver the frame with energy. This examine was done as a way to examine the consequences of 12 week circuit education software on cardiovascular persistence of various athletes.

### Objectives of the study:

1. To find out the effect of circuit training on cardiovascular endurance of athletes.
2. To find out the status of cardiovascular endurance of young students of Meerut IIMT Boarding

### Selection of Subjects

The topics for this look at have been decided on from 'IIMT boarding college Meerut. thirty male college students who had in no way participated in any type numerous interschool and state level competitions ranged from 15–19 years of age, have been decided on for the experimental program using the purposive random sampling technique. A medical exam of the topics became achieved so as to test the health of the topics.

### Selection of Variables

Keeping in thoughts the feasibility standards and particular motive of the look at. Cardiovascular endurance became analysed with the aid of using the Harvard step up take a look at overall performance and recorded as health index score.

### Experimental Design

Pre-take a look at and post-take a look at randomized institution layout became hired on this look at. The preliminary take a look at became conducted, observed with the aid of using 12-weeks of decided on education program. After final touch of the experimental period, the very last take a look at became conducted.

### Analysis of Data

In order to discover the impact of circuit training on cardiovascular endurance-check turned into used. The stage of importance turned into set at 0.05 percent.

### Findings

In order to decide the importance distinction among the pre checks and publish check rankings have been collected. The preliminary and very last check rankings have been analyzed manually the usage of t-check. The effects of the take a look at are provided in tables and determine for decided on parameter of cardiovascular endurance are shown.

**Table 1**

**Descriptive Statistics showing pre-test Mean and Standard Deviation of fitness index score of Selected subjects**

Group Statistics

Pre-test Mean	N	Mean	S.D	Std. Error mean
Cardiovascular endurance pre-test data	30	60.86	6.49	1.18

Table 1 reveals that the Mean and Standard Deviation of pre-test conducted to obtain fitness Index score with the help of Harvard Step up test, for assessment of cardiovascular endurance of Subjects are 60.86 and 6.49 respectively.

**Table 2**

**Descriptive Statistics showing post-test Mean and Standard Deviation of fitness index score of Selected subjects**

Group Statistics

Post-test Mean	N	Mean	S.D	Std. Error mean
Cardiovascular endurance post-test data	30	64.26	5.08	0.92

Table 2 demonstrates the Mean and Standard Deviation as 64.26 and 5.08 respectively for the Post-test. Harvard was conducted again after completion of circuit training program on the same group to collect post experiment fitness index score. For checking significant differences between both the obtained mean (pre-test and post-test) t-test was employed.

**Table 3 Table showing significance of difference obtained with the help of t-test, along with mean difference and standard error difference**

t-test for equality of mean					
	t	df	Sig.(2-tailed)	Mean Deference	Std. Error difference
Cardiovascular endurance	-2.258	58	.028	-3.40000	1.50605

Table 3 shows the calculated p value is 0.028 a significant difference found in the means of pre-test and Post-test fitness index score, as  $p < 0.05$ . So, it may me concluded that the circuit training plan Implemented on young athletes was effective in developing cardiovascular endurance.

Descriptive statistics showing mean and standard deviation for pre-test and post-test of subjects is illustrated below with the help of a bar diagram for the better understanding of differences in mean.

Fig 1

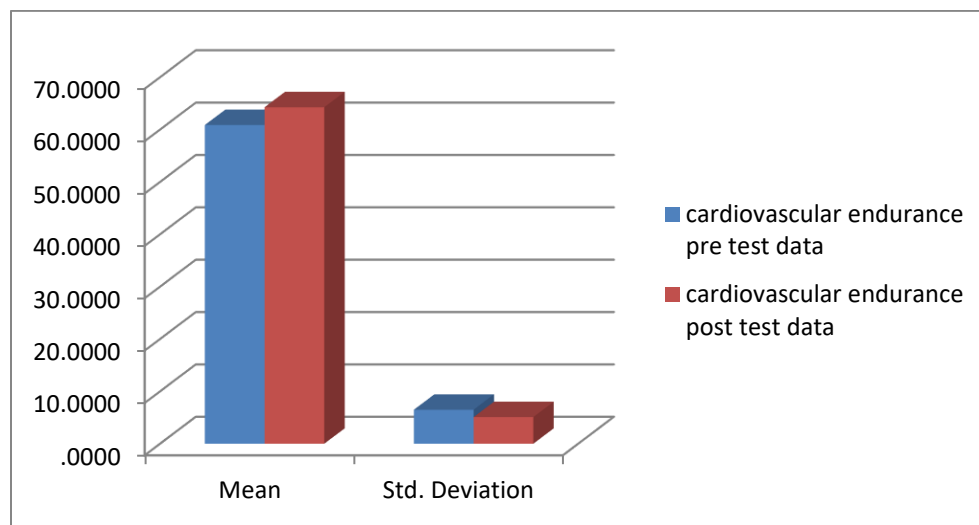


Fig. 1: Bar Diagram showing Descriptive Statistics of Mean of pre-test and post-test Harvard step up test scores

## Result and discussion:

Harvard step up test is one of the excellent suggest to evaluate the cardiovascular endurance of athletes. The evaluation of records discovered that the suggest of pre- test records which become taken before the 12 week circuit training application is much less than the suggest of publish test records which become taken after athletes had finished 12 week education application. It sincerely describes that health index rating of those athletes is elevated which manner development of their cardiovascular patience. But climate the adjustments or variations are enormous as a researcher I had carried out t- take a look at. T- Test effects display the significant variations among pre-test and post-test manner. These significant variations are because of correctly deliberate and executed circuit education application, so it could be said that 12 weeks of circuit education application can decorate the cardiovascular patience of athletes. Simmons (1967) has carried out comparable kind of study at and discovered comparable kind of effects. He studied the impact of circuit education upon aerobic vascular situation and motor performance. Fifteen male college students bodily training path have been the subjects. The education becomes finished two times in nine week in thirty mins of duration for cost weeks. The effects of this study confirmed statistically significant suggest development in 9 to 14 cardiovascular variables and in all thirteen motor fitness variables.

## Conclusion

On the basis of findings of the study, the following conclusions were drawn:

1. Twelve-week circuit training program is useful to improve the cardiovascular endurance.

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