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**EFFECT OF MORNING ACTIVITIES ON MUSCULAR FLEXIBILITY
AND CARDIOVASCULAR ENDURANCE VARIABLES OF B.P.ED
MALE STUDENTS OF KARALI DISTRICT**



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Short Profile

Dharmendra Kumar is working as a Assistant Professor in A.P.T.T College, Suroth, Distt. Karali, Rajasthan, India. He has completed B.P.ED., M.P.ED., M.Phil., Ph.D.



ABSTRACT:

The aim of the present study was to determine the effect of morning activities on muscular flexibility and cardiovascular endurance variables of B.P.ED male students of Karali district. For this purpose twenty (20) male students were selected randomly from Adarsh Physical Teacher Training College, Suroth (Raj). The subjects age between 19 to 25 years. The students of B.P.ED were healthy and normal. The treatment was given for eight weeks (6 days/week, 50-60 minutes) started at 6 A.M. The training were given as per

scheduled. The pre-test and post-test data were collected before and after the eight week training program. Muscular flexibility and cardiovascular endurance measured by sit and reach test and cooper 12 minutes run/walk test respectively. To find out the significance difference between pre and post-test means score. The level of significance at 0.05. The 't' test was used to find out the effect of morning activities on muscular flexibility and cardiovascular endurance of B.P.ED male students. In the light of finding it was concluded that morning activities has beneficial effect on muscular flexibility and cardiovascular endurance of B.P.ED male students.

KEYWORDS

Muscular flexibility, cardiovascular endurance and morning activities.

INTRODUCTION :

Physical activity or exercise is a cornerstone of a healthy life style. The human body is designed for exercise and activity. Not only does physical activity make the individual look and feel better, but it is also critical for improving health and good life style. Throughout his life, man has to be physically active in order to procure his daily food and to success in life. Now a day's people become almost sedentary and physically inactive because of very limited movement and exercise reason by work load. Physical inactivity can have serious implications for people health.

Regular physical activity is a major component in preventing heart diseases, along with a healthy diet. Available scientific evidence shows that regular exercise provides wide range of a physical, social and mental health benefits. (WHO, 2003)

Physical activity can improve health, decrease the loss of muscle mass, increase functional strength, and greatly improve the likelihood of achieving health fitness. Particularly in India the state of sedentary life is higher among the population of college students since this period decides their future career. They prefer to spend more time for their academic rather than in participation of physical activity.

Aerobic exercise is not only helpful for reducing cardio-disease risk but there is also evidence that strongly supports the conclusion that physically active individuals have higher fitness and live longer. (Paffenberger et.al, 1984)

Morning activities (running, jogging, stretching exercise, suryanamaskar and P.T) help to strengthen the muscle and make it more efficient, improve the efficiency of the body system, and recover more quickly from common illness.

Aerobic exercise helps to improve collateral circulation, control weight, cope stress, reduce negative dependency behaviours, strengthen heart muscles, sleep better, improve lung capacity, and increase the capillary network in the body. (Payne and Halus, 1986)

METHODOLOGY

Subjects

The main purpose of the study was to determine the effect of morning activities on muscular flexibility and cardiovascular endurance of B.P.Ed male students. There are twenty B.P.Ed male students randomly selected from Adarsh Physical Teacher Training College, Suroth, (Raj). The age ranged of the subjects between 19 to 25 years. They were volunteered participated to conduct the study. The method of determine the test on muscular flexibility and cardiovascular endurance was explained to the subjects before the test.

Tools and Instruments

The test of muscular flexibility measured with the help of sit-reach test and cardiovascular endurance measured by the cooper 12 minutes run/walk test. The score of the test were taken for muscular flexibility in centimeter and cardiovascular endurance in meter.

Procedure

The measurement of the pre-test was administered to the selected subjects for eight weeks which includes in morning activities (jogging, running, stretching exercise, suryanamaskar and P.T). Exercise program given as per scheduled. The duration of the training program was 50-60 minute per day and frequency of the training was six days in a week.

Statistical Technique

The present study show statistical attention mainly on the 't' test was applied to find out the significance difference between the pre and post-test means of muscular flexibility and cardiovascular endurance. The statistical analysis of the obtained data showed that the improvement of muscular flexibility and cardiovascular endurance after 8-weeks morning activities program.

RESULTS

To find out the significance difference between the pre-test and post-test means of muscular flexibility and cardiovascular endurance through the 't' test. The obtained 't' ratio was tested for the significance difference at the 0.05 level of confidence. The finding was

Table-1
Significance difference in muscular flexibility of male

Test	Mean	S.D	't' ratio
Pre-test	16.9	1.77	8.58
Post-test	21.6	1.73	

Significance at 0.05 level $t_{0.05(9)} = 2.14$, df (19)

It is observed from table-1 that the calculated 't' (8.53) is more than the tabulated value (2.14). It may be considered that there was significant difference found between the pre-test and post-test means.

The scores are also illustrated in the figure-1

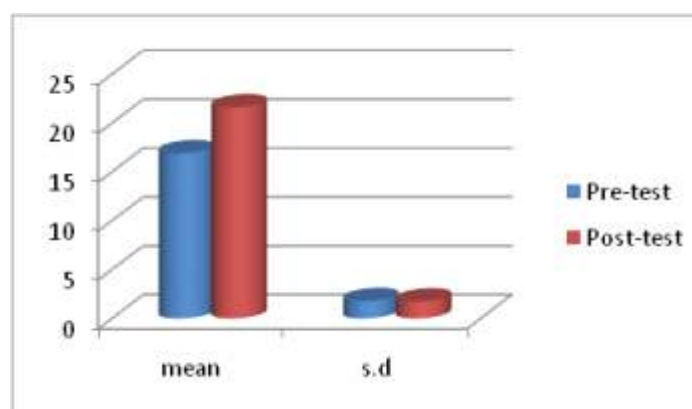


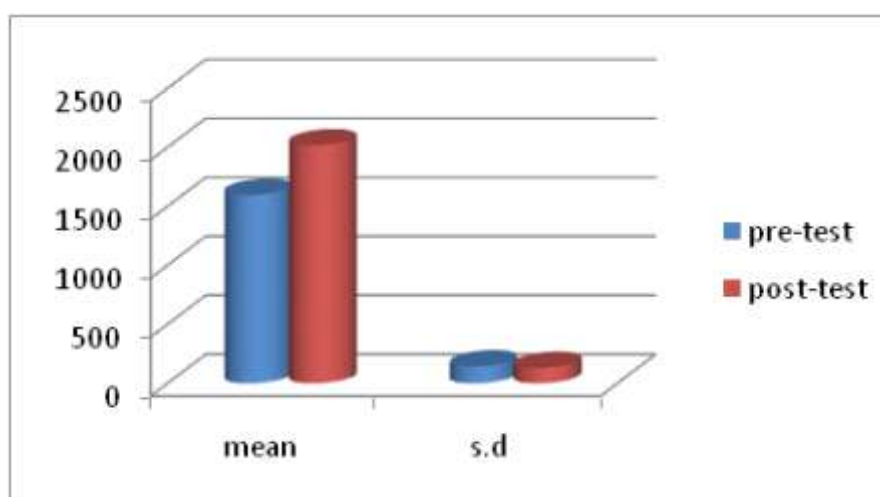
Table-2
Significance difference in cardiovascular endurance of male

Test	Mean	S.D	't' ratio
Pre-test	1597	143.0	9.68
Post-test	2017	130.0	

Significance at 0.05 level $t_{0.05(9)} = 2.14$, df (19)

It is observed from table-2 that the calculated 't' (9.68) is more than the tabulated value (2.14). It may be considered that there was significant difference found between the pre-test and post-test means.

The scores are also illustrated in the figure-2



DISCUSSION

The study was framed to find out the effect of eight weeks morning activities on muscular flexibility and cardiovascular endurance of B.P.Ed college male students. The main things were to enhance the efficiency of fitness, strength and endurance of the B.P.Ed college male students. The result shows, it observed that there was significant difference between pre and post-test mean score of muscular flexibility and cardiovascular endurance. The morning activities on muscular flexibility and cardiovascular endurance was improved, its means it significantly increased.

The findings of this study are in agree with the findings of Mathewos Hosiso, Sangeeta Rani & Shemelis Rekoninne (2013) who proved that positive effect on improvement of cardiovascular endurance, muscular flexibility and strength of sedentary female communities.

CONCLUSION

It was observed that effect of morning activities increased the muscular flexibility and

cardiovascular endurance of B.P.Ed college male students. Morning activities play a significant role in muscular strength, muscular flexibility and cardiovascular endurance. There are some papers conducted on aerobic, physical and callisthenic exercises.

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