

Effect Of Aerobics Gymnastic Movement Pattern On Cardiovascular Endurance Ability Among Primary School Children

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Introduction

As human being physically grows, he requires good quality of motor abilities in his day-to-day life. But as compare to other animal human motor ability development is very slower and it lasts till the age of 12. That is why at early stages of life human being takes lots of time to crawl, to stand on his leg, to hold the body and walk smoothly etc. but in animals most of motor ability development takes place in the womb of mother e.g. in very short period after birth puppy stands and walks its mother. There are so many different methods to develop motor abilities but all are traditional methods. If such methods are used for primary school children it becomes very boredom activity. And most students are avoiding such strenuous and rigorous exercises so implementation of such activities never gets fruitful results. Hence research scholar felt to use aerobics gymnastics pattern as an innovative method to develop motor ability.

Here research scholar is designing the training program in such way so that it will require very less equipment's and it will develop more motor abilities among the students.

The training program of seven basic movements' patterns can be run on the mass groups of students at the same time.

The training of seven movement's pattern is very easy and gives enjoyment as well as fun to the students who will undergo with training.

Aerobics gymnastics is getting popular day by day, this study will give the technical training of basic seven movements patterns which will definitely improve their motor abilities.

Statement of The Problem

“Effect of Aerobics Gymnastic Movement Pattern On Cardiovascular Endurance Ability Among Primary School Children”

Objectives of The Research

To find out the effect of aerobics gymnastic movement patterns on Endurance ability among primary school boys.

Area Of The Research

1. The present study is carried out on the podar international school children.
2. Only primary school boys are Considered for study.

Hypothesis

1. The research scholar hypothesizes that there will be no difference in the Endurance of the cardiovascular endurance amongst primary school Boys after imparting them for aerobics gymnastics movement pattern training.

Research Methodology

Sample: 30 Boys from Podar International School primary student Age group between 9 to 11 years.

Variables:

1. Independent Variables: Aerobics Gymnastics Movement Pattern training.
2. Confounding Variables:
 - a. Intervening Variables: Fatigue, Excitement, Motivation, Anxiety etc.
 - b. Extraneous Variables: Gender: Boys Age: 09 to 12 years
3. Dependent Variables:
 - a. Endurance

Tools of Collection of Data:

- a. Harvard step test

Procedure

1. Pre-test is conducted to measure cardiovascular endurance.
2. All the student are exposed to Aerobics Gymnastics Movement Pattern exercise training program for 3 months.
3. Post- test is conducted to measure cardiovascular endurance after 3 months of Aerobics Gymnastics Movement Pattern training program.
4. The raw Scores on Pre-tests and post -test are tabulated for further statistical analysis.

Statistical Meethod

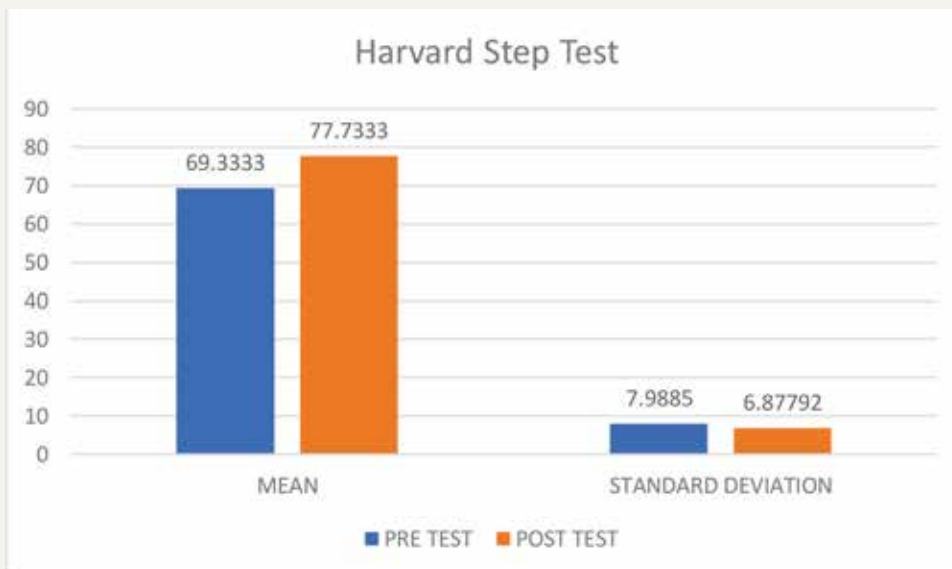
1. Mean, Standard deviation is employed for descriptive statistical analysis.
2. Paired sample t-test is employed for inferential statistical analysis.

Analysis And Interpretation Of The Data:

Table: *Depicting the comparison of the mean scores of the pre-test and post test Conducted on boy's players of the age between 09 to 10 years for Harvard step test.*

Variables	Test	N	Mean	Standard deviation	Standard error mean	Mean difference	't' value	df
Harvard Step Test	Pre	30	69.3333	7.9885	1.45849	-8.40000	-8.102	29
	Post	30	77.7333	6.87792	1.25573			

Graph: Depicting the comparison of the mean scores of the pretest and post test Conducted on boy's players of the age between 09 to 10 years for Harvard Step Test.



Interpretation:

1. Mean score of the ha pre-test conducted on boys players of the age between 09 to 10 years is 69.3333 with standard deviation of 7.9885.
2. Mean score of the Harvard step test post test conducted on boys players of the age between 09 to 10 years is 77.7333 with standard deviation of 6.87792.
3. The mean difference between the scores of pre-test and post-test of Harvard step test is -8.40000.
4. T-test was used at 0.05 level of significance. The obtained t- value -8.102 at 29 degree of freedom was found significant at 0.05 level of significance. Further this confirms that there exists significant difference between pre-test and post test scores of Harvard step test conducted on boys players of the age between 09 to 10 years at 0.05 level of significance.

Test of Hypothesis

- The hypothesis states that Aerobics Gymnastics Movement pattern do not have any effect on endurance of the players of the age between 09 to 10 years.

- It is observed that there exist significant difference in the scores of Harvard step test pre-test and post test conducted on the players of the age between 09 to 10 years.
- As the difference is significant, the first hypothesis is rejected on the basis of statistical findings.

Conclusion

Aerobics Gymnastics Movement pattern has improved the endurance among the boys players of age between 09 to 10 years.

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