

Effect of callisthenic exercise on vital capacity among college men

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Abstract

Background: The purpose of the study was to examine the effect of Callisthenic exercise training on vital capacity among college men

Methods: For the present study 30 college men from C.E.S College Chalageri. Were selected at random and their age ranged from 16 to 18 years. For the present study pre test – post test randomized group design which consists of experimental group was used. A total 21 days of aerobic exercise classes were conducted on a daily 30 college men.

The selection variables of the study are only for selected callisthenic exercise with music has been given for the one time in a day for one hour and 21 days. The data was analyzed by “t” technique to find out the effect of callisthenic exercise training programme. The level of significance was set at 0.05

Result: The findings of the present study have strongly indicates that aerobic exercise training of 21 days has significant effect on vital capacity. Hence the hypothesis earlier set that callisthenic exercise training programme would have been significant effect on aerobic exercise training variables in light of the same the hypothesis is accepted.

Conclusion: Significant effect of callisthenic exercise training was found on vital capacity.

Keywords: vital capacity and callisthenic exercise.

Introduction

Aristotle the great philosopher of all the times observed that “body is the temple of soul and to reach harmony of the body mind and spirit. The body must be robust.”

The primitive man led a vigorous life for his survival in this world in valleys and hills. Because of these vigorous activities man developed a good physique.

Modern man is no longer required to lead a vigorous outdoor life in saving devices. Hence he is tempted to lead a sedentary life. Leading to a stage of physical degeneration and mental de-arrangement.

Objective of the Study

The purpose of the study was to investigate the effect of callisthenic exercise. Training programme on vital capacity among college men. It was hypothesized that there would have been a significant effect of 21 days of callisthenic exercise training programme on vital capacity among college men.

Procedure

To carry out the effect of callisthenic exercise on vital capacity of 30 college men studying in P U College were selected randomly as per age, height and weight. The subjects were made of one group 30 college men. The subjects were tested on above mentioned certain variables before and after completion of 21 days.

The vital capacity was determined by aerobic exercise and wet spirometer. T-test was used to find out the significance of the study.

Results and Discussions on Findings

The findings pertaining to analysis of co-variance between experimental group on vital capacity among college women pre-test and post test respectively have been presented in table No.1 to2.

Table 1: and Graphe shows the Pre test Mean, standard deviation (SD) and level of vital capacity of college women

Variables	Test	N	Mean	SD	Level of Significance
Vital capacity	Pre Test	30	2020.08	302.14	NS

Table No.1 and Graphe shows the Pre test Mean, standard deviation (SD) and level of vital capacity of college women. Before the training the vital capacity of subjects measured by Wet spiro meter the collected information has been gone through statistical procedure. The Mean is 1820.08, SD is 332.14 respectively. In this mean score the amount of vital capacity has been distrubitud from 25 subjects. The minium amount of vital capacity is mire then 1500 ml of each subject. Because the level of fitness and capacity of lungs of an individual with out any sports event ana exercises were not effected on lung capacity. Height from stadiometer Weight from weighing machine. After ty. The certine number of subject were selected as for the cryt that in the selected numbers of days were practised.

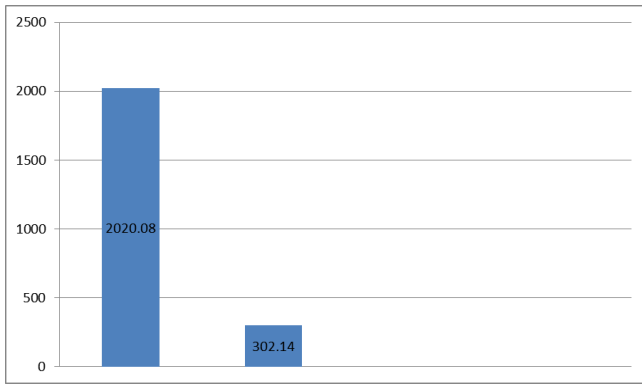


Table 2: and Graph of the Post test shows the mean, standard deviation (SD) vital capacity of college women

Variable	Test	N	Mean	SD
Vital capacity	Post test	25	2722.80	360.86

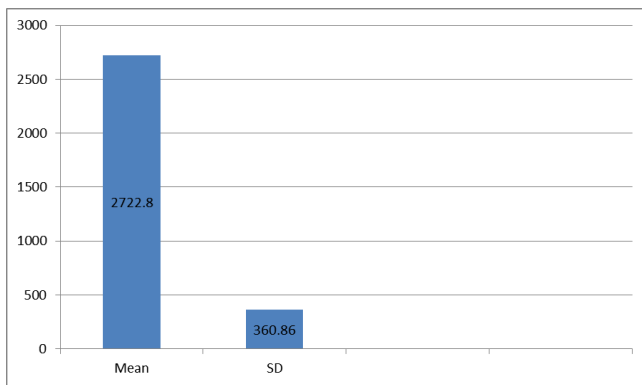


Table 3

Variables	Test	N	Mean	SD	T
Vital capacity	Pre	25	2020.08	302.14	5.77
	Post	25	2722.80	360.86	

Table No.2 and Graph of the Post test shows the mean, standard deviation (SD) vital capacity of college women. The Mean is 1872.80, earlear pre test was 27220.08 and Standard deviation post test is 360.86 earlear was 302.14. Thus the comparative variables shows that in this study there is some sort of significance differences on vital capacity.

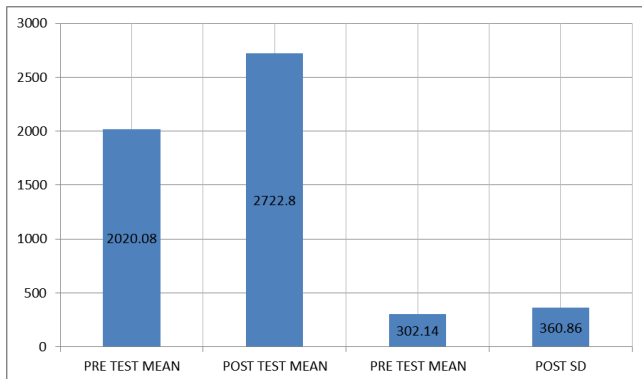


Table number 3 and graph shows the significance difference of pre test and post test as well mean, SD and t value. The mean score of pre test 2020.08 and post test is 2722.80 the standard deviation is 302.14 and post test is 360.86. The variables of this

study clearly shows that the effect of aerobic exercise as increased vital capacity measuring the variable of t value is 5.77. This indicates the level of significance difference between pre test and post test of the subjects.

This is possible because aerobic exercise is currently one of the most commonly practised adult fitness activities which directly contribute to enhancement in their vital capacity and due to regular training programme of callisthenic exercise training which may also bring sudden spurt in vital capacity among college men. The findings of the present study have strongly indicates that callisthenic exercise training of 21 days have significant effect on vital capacity. Hence the hypothesis earlier set that callisthenic exercise training programme would have been significant effect on vital capacity among college men.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions

Were draw significant effect of callisthenic exercise on vital capacity among college men.

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