

## Effect of Aerobic Exercises on the Physiological Variables of Cold Desert Region Sportsmen

**Azad Ahmad**

Research Scholar Mewar University Rajasthan India

### Abstract

The study in hand was to evaluate the effect of aerobic exercises on the physiological variables of cold desert region sports men of Jammu And Kashmir State. 25 players 16 to 19 years old from horse polo game were randomly selected as sample for the study. The study concluded that eight week training of aerobic exercise had a positive effect on, heart rate, and blood pressure of cold desert sports men. The aerobic exercise reduces the level of heart rate and blood pressure.

**KEYWORDS:** Blood pressure, heart rate, aerobic exercise

**INTRODUCTION-**Aerobics is a fun way to get fit. It combines fat burning aerobic movements, muscle- building exercise and stretching into routines that are performed to music (Aerobe dance, 1997 online). Aerobics is a type of exercise that has many benefits for the body. The first area that benefits is overall wellness. It includes five dimensions physical, social, intellectual, occupational, and spiritual. The physical dimension of wellness includes developing cardiovascular endurance, body composition, strengths and flexibility.

All these dimensions are foundational for a health. They build all of each other. If one suffers they all suffer that is why it is important to mind to each area. Aerobics programme can increase the quality of life for all people with special need and contributed to their socialization by spending quality, time with them.

Aerobics exercise programmed can be applied for preventions and remedial purpose. The movement's therapy is used for a person of various ages and physical readiness. It established the person psycho motors integrity undermined by the acquired or congenital impairment. This type of exercise amiable the performance of movements and motoric exercise of sports person in a unique way

Methodology :-

**Selection of Subjects:** For the purpose of the present study, twenty five (N=25), Male state Level players of leh district of Jammu and Kashmir between the age group of 16-19 years were selected.

**Selection of Variables:** A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria in mind, the following variables were selected for the present study:

**Physiological Components:** resting heart rate and blood pressure,

**Selection of tools:** - eight weeks of aerobic exercises

**Statistical Technique Employed:** To determine the significant differences of physiological components among players, t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

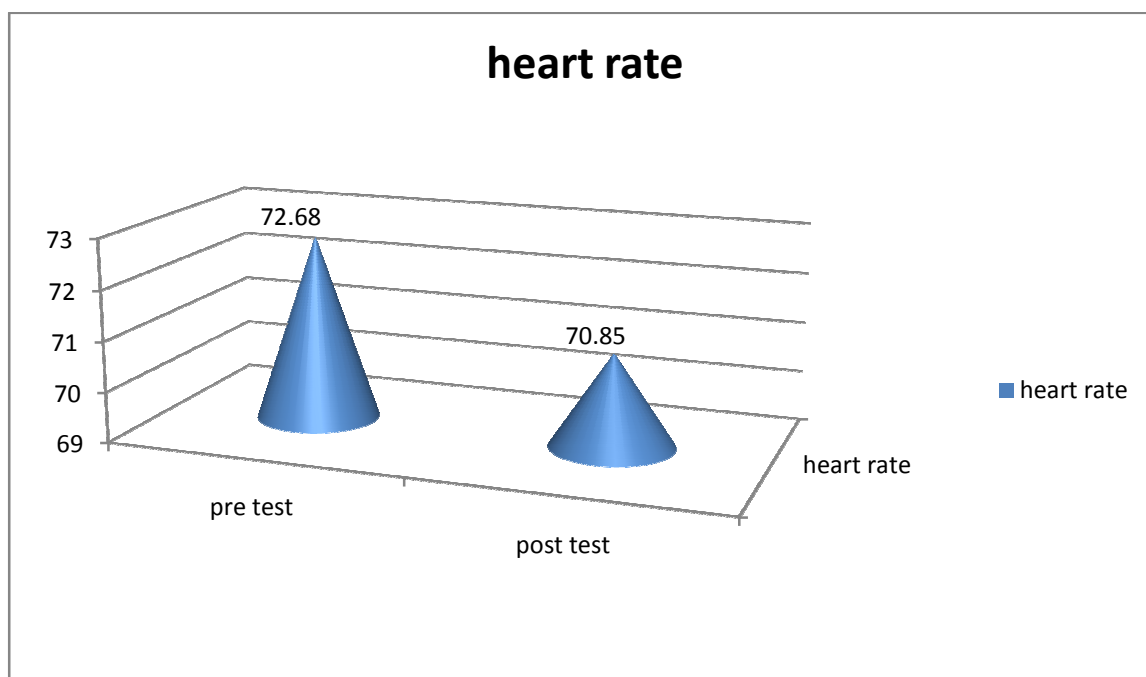
**Results and Discussion**

**Mean SD and „t“ ratio of pre and post test of cold desert sports men on Heart Rate.**

Sources	N	Mean	S.D	t ratio
Pre test	25	72.68	3.89	3.19*
Post test	25	70.85	2.20	

\*\*significant of .05 level of confidence.

Table 3 shows that the ,t<sup>\*\*</sup> ratio 3.19\*\* have a high significant difference at .01 level of confidence. The lower mean value (70.85) of post test heart rate as compare to the pre test mean value (72.68) shows that the aerobic exercises have a positive effect on reducing the level of heart rate of cold dessert sports men.

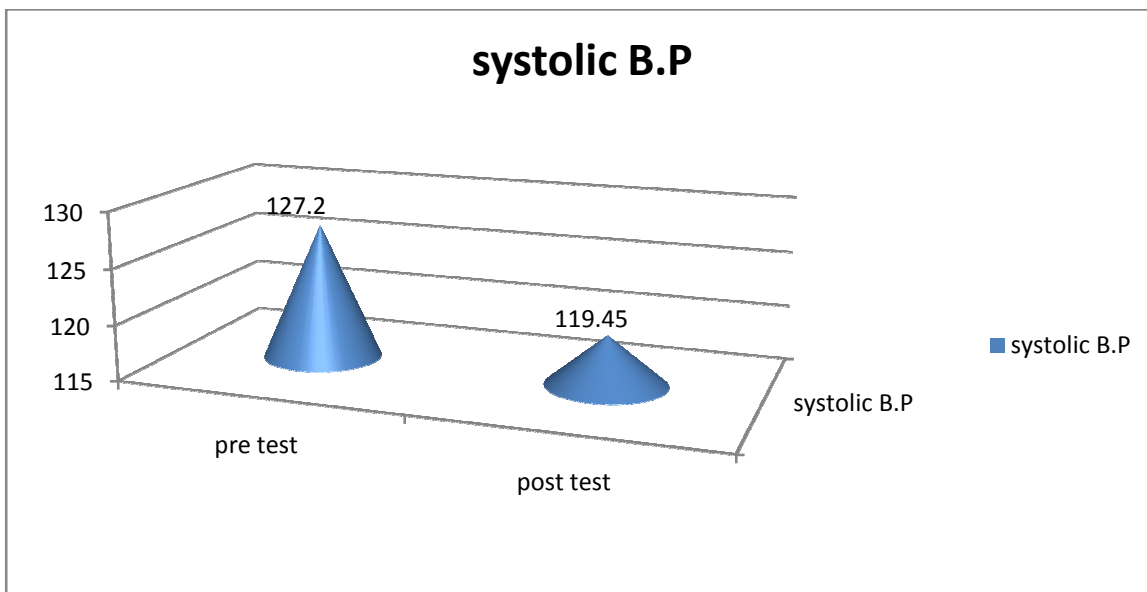


**Mean SD and ,t<sup>\*\*</sup> ratio of pre and post test of cold dessert sports men on systolic blood pressure**

Sources	N	Mean	S.D	t ratio
Pre test	25	127.20	7.39	4.19*
Post test	25	119.45	3.20	

\*\*significant of .05 level of confidence.

Above Table shows that the ,t<sup>\*\*</sup> ratio 4.19\*\* have a high significant difference at .05 level of confidence. The lower mean value (119.45) of post test Systolic Blood pressure as compare to the pre test mean value (127.20) shows that the aerobic exercise have a positive effect on reducing the level of Systolic Blood pressure of sports men.

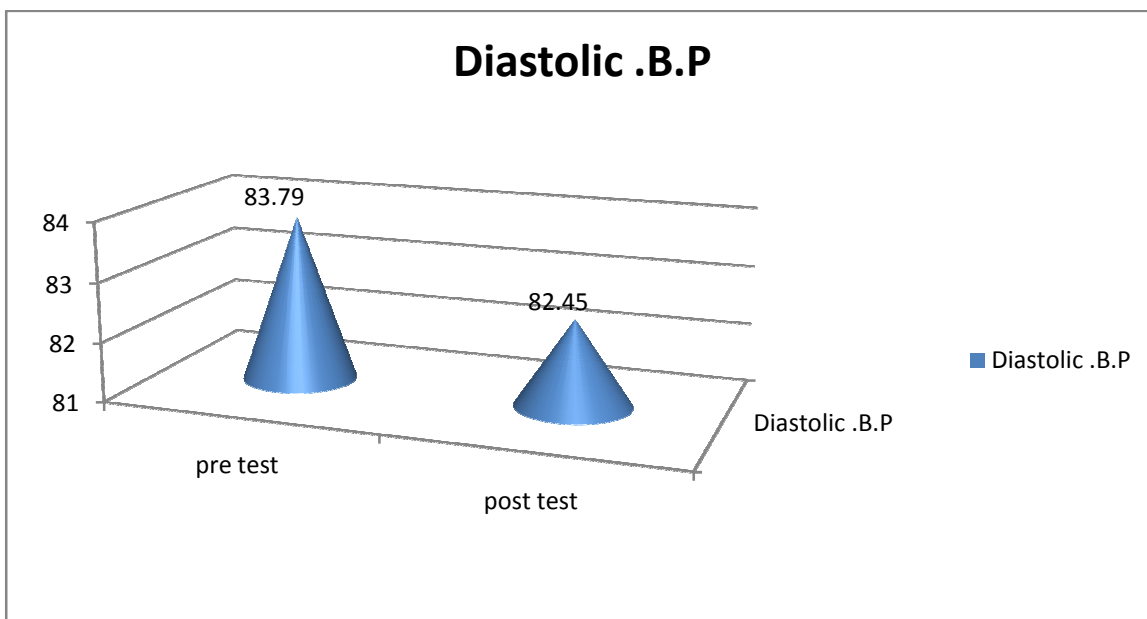


**Mean SD and „t“ ratio of pre and post test of cold dessert sports men on diastolic blood pressure**

Sources	N	Mean	S.D	t ratio
Pre test	25	83.79	73.89	1.50
Post test	25	82.45	2.44	

\*\*significant of .05 level of confidence.

Above table shows that the „t“ ratio 1.50 have no significant difference at .05 level of confidence. There is no significant difference between the pre test (83.79) and post test (82.45) mean values of Diastolic Blood pressure. It shows that the aerobic exercise have no significant t effect on the Diastolic Blood pressure of sports men.



### **Conclusion:**

Based on the present study, it was calculated that the aerobic exercises that was given to cold dessert sports men of Jammu and Kashmir had a positive effect on reducing the level of, heart rate and systolic blood pressure were found to be beneficial in sports men, and no significant difference was found in diastolic blood pressure. Thus if followed correctly and scientifically examined, aerobic can be promising investigation in improving the pathology of definite conditions among cold dessert area sports men. Studies by Toy, Pollock et al, Zent Kuma also support the finding of the present study. They had concluded that the aerobic exercise helps in reducing the body weight, blood pressure, heart rate and body fat.

### **REFERENCE**

- Abe T, Kawakami Y, Sugita M, Fukunaga T. Relationship between training frequency and subcutaneous and visceral fat in women. *Med Sci Sports Exerc* 1997 ; 29(12) “ 1549-53.
- Stentz CA, Aiken LB, Houmard JA et al. inactivity, exercise and visceral fat. STRIDE: a randomized, controlled, controlled study of exercise intensity and amount *J Appl Physiol* 2005 : 99(4) : 1613-8.
- . Kraus WE, Houmard JA, Duscha BD, Knetzger KJ, Wharton MB, McCartney JS, et al. effects of the amount and intensity of exercise on plasma lipoproteins *N Engl J Med* 2002;347:1483-92.
- . Paffenbarger RS, Lee IM. Physical activity and fitness for health and longevity *Res Q Exerc Sport* 1996;67:11-28.
- . Manson JE, Hu FB, Rich-Edwards JW, Colditz GA, Stampfer MJ, Willett WC, et al. A prospective study of walking as compared with vigorous exercise in the prevention of coronary heart disease in women. *N Engl J Med*. 1999;341:650-8.