International Journal of Academic Research and Development
ISSN: 2455-4197; Impact Factor: RJIF 5.22
Received: 17-06-2019; Accepted: 18-07-2019
www.academicjournal.in
Volume 4; Issue 5; September 2019; Page No. 131-132

Effect of calisthenics exercises on vital capacity of rural school boys

Amit
PhD Scholar, Kurukshetra University, Kurukshetra, Haryana, India

Abstract
Purpose: The present study has been designed to investigate the effects of 3 months training of Calisthenics Exercises on shoulder strength of the school boys. Calisthenics Exercises are designed to tone and strengthen muscle, and to promote general fitness.
Design of the Study: Pre-posttest experimental design was used to in this study
Methodology: For accomplish the study Only 30 boys students of rural area high school of Haryana state will be selected for the present study. 30 fresh students would be included in the Calisthenics exercises experimental group. Age group of the samples will be "12 to 14" years boys of high school. Selected Calisthenics exercises will be provided to Calisthenics experimental group only. The domain of the study will be delimited to rural high school boys of Haryana state. Experimental Group 'A' (12 to 14 years) (pre) v/s experimental Group 'A' (12 to 14 years) (post).
Result: A significant effect of calisthenics exercises was observed on the vital capacity of rural school boys.

Keywords: calisthenics, exercises, vital capacity

Introduction
Calisthenics is a form of physical training consisting of a variety of exercises, often rhythmical movements, generally without using equipment or apparatus. They are intended to increase body strength and flexibility with movements such as bending, jumping, swimming, twisting or kicking. Using only one's body weight for resistance. They are usually conducted in concert with stretches. Calisthenics when performed vigorously and with variety can benefit both muscular and cardiovascular fitness, in addition to improving psychomotor skills such as balance, agility and coordination.

Objective of the study
To find out the effect of 'Calisthenics' exercises on Vital Capacity of the school boys.

Hypotheses
There will be significant difference of Calisthenics exercises on Vital Capacity between experimental groups of school boys.

Methodology
Only 30 boys students of rural area high school of Haryana state will be selected for the present study. 30 fresh students would be included in the Calisthenics exercises experimental group. Age group of the samples will be "12 to 14" years boys of high school. Selected Calisthenics exercises will be provided to Calisthenics experimental group only. The domain of the study will be delimited to rural high school boys of Haryana state. Experimental Group 'A' (12 to 14 years) (pre) v/s experimental Group 'A' (12 to 14 years) (post).

Training Program
10 min – General Warming–up, 40 min – Calisthenics exercises workout, Push-up, Wide Grip push-up, Close grip pus-up, Pull-ups, Inline pull-up, Static holds, Wide Grip pull-up, Box Dip, Triceps Dip, Wall Walks, Wall-supported Handstand, Plank, Side Plank, Crunch, Sit up, Hanging knee raise, Squat, Lunge, Bridge, Calf Raise, Squat Thrust, 10 min – Cooling down

Tools and technique used:
The measurement was taken with the subject in a standing position. The tester ensures that when the subject holds the instrument in their hand it was correctly held. The tester also ensures that when the measurement was taken the finger of the subject did not interfere with the movement of marked or cover the slot. The subject was asked to take deep breath as far as possible. The air than had been blown in to the spirometer through the mouth peace. The subject had been instructed to blow as hard as and as faster as possible in to the mouth piece by keeping their nasal passage closed by other hand. The value of expiratory flow of air was recorded as indicated by the indicator.

Table 1: Comparison between Experimental Group A at Pre Phase and Post Phase in their Vital Capacity

Variable	Groups	Phase	Mean	SD	(t)	Sig
Vital Capacity	Exp. A	Pre	386.50	50.99	5.059	.000
	Exp. A	Post	402.00	47.26		

Alpha 0.05 ($p<0.05$) with df 29

Table 1 disclose the descriptive measures in terms of mean and standard deviation as well as the comparative statistics in terms of dependent 't' test. After observed the outcomes given in above table it was taken into notice that mean and standard deviation of experimental group A at their pre phase was 386.50±50.99 and experimental group A at their post phase was 402±47.26 as per the obtained outcomes. The calculated value of 't' was 5.059 respectively which was significantly considerable at 0.05 alpha level. Therefore, it was observed that a significant effect of

training was observed on the vital capacity of respondents.

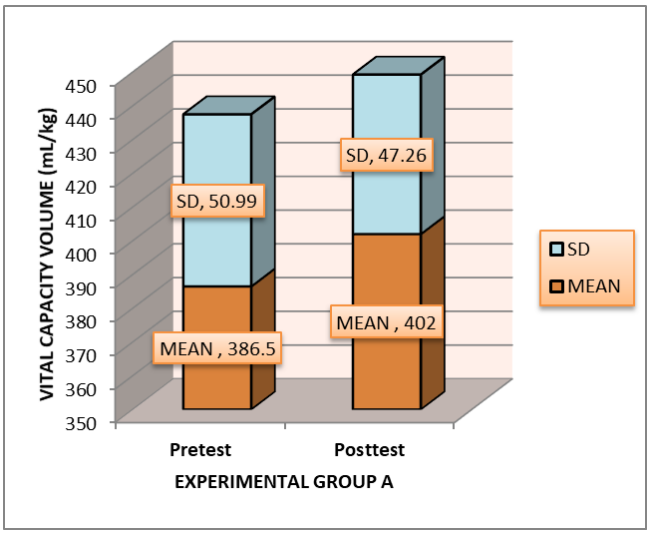

Fig 1: Graphical Profile of Experimental Group A at their Pre and Post Phase in Their Vital Capacity

Conclusions

After observed the outcomes given in above table it was taken into notice that mean and standard deviation of experimental group A at their pre phase was 386.50±50.99 and experimental group A at their post phase was 402±47.26 as per the obtained outcomes. The calculated value of 't' was 5.059 respectively which was significantly considerable at 0.05 alpha level. Therefore, it was observed that a significant effect of training was observed on the vital capacity of respondents.

References

1. Rajasuthakar S, Sebastian PJ. Impact of small area games and yogic practices on selected motor fitness variables of intercollegiate male volleyball players. International Journal of Yogic, Human Movement and Sports Sciences 2019; 4(2):13-16.
2. Raj MG. Mohananakrishnan. Effect of playing volleyball as an intervention on motor fitness variables for untrained volleyball players. International Journal of Yogic, Human Movement and Sports Sciences. 2019; 4(1):839-842.
3. Mete T, Das A. A comparison on selected motor fitness components & physiological characteristics between sprinters & jumpers. International Journal of Yogic, Human Movement and Sports Sciences. 2018; 3(2):148-151.
4. Mahato A, Ghosh A, Guria S. Effect of Suryanamaskar on selected motor fitness component of high school student. International Journal of Yogic, Human Movement and Sports Sciences. 2016; 1(1):26-28.
5. Kumar J, Bamaniya B. Estimation of motor abilities of different levels of Chandigarh male volleyball players. International Journal of Yogic, Human Movement and Sports Sciences. 2017; 2(2):115-117.