

Research Paper :

Effect of physical training and yogic practices, on selected physiological variables and motor ability components among college men students

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ABSTRACT

Yoga plays an important role by bringing the therapeutic effect in Asthmas, Diabetes, Hypertension and Respiratory troubles. Some yoga has both preventive as well as curative values. Positive changes in the life style of the people can be brought through Yoga. During the period of education, Yoga can make them aware of their body and further make them realize the need of emotional and physical well being. The present study has been mainly designed to find out the effect of selected yogic practices and physical training on motor ability and physiological variables of college men. To accomplish the purpose of this study, the experimental design, the subjects, the criterion variables and test of measuring them and their variables and methods to apply them have been systematically presented. Thirty subjects were selected randomly from the Alagappa Arts College in Karaikudi. For the study, the average age of the subject was 18 to 21 years; the selected students were further divided randomly into three group's namely yogic practices, Physical training and control groups. All the subjects were normal and healthy male students, the sample was considered as the true representative of population. The number of each group was ten.

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The adaptations in the oxygen transporting system to regular exercise of various intensity, duration and frequency and reversible, with the extension of heart size, which in many individuals may remain enlarged. Bed rest is an extreme form of inactivity and the "Dallar study" provides a good illustration of its negative effects on maximum oxygen uptake and other functions.

When highly trained individuals stop training, Vo₂ maximum decreases overtime because maximal cardiac output and oxygen extraction decreases in stroke volume since the heart rate and Vo₂ difference remains the same or increased. This sudden decrease in maximal stroke volume appears to be due to the rapid loss of plasma volume with detaining.

Loren Fishman and Ellen Saltonstall investigated about the Yoga in pain management, Yoga is a practice that has evolved and survived over thousands of years, its teachings adapting too many cultures and eras of history. Until recently, yoga was known in the West mostly for the extraordinary feats of its adepts: voluntarily stopping and then restarting of the heart, holding the breath for extended periods, or contortionist positions of the body. Now, with more cross-fertilization in all aspects of physical fitness, yoga has become main stream. What may be lost in this process is the greater picture where yoga came from, what it is, and its many uses, including medical pain relief. This chapter is meant to acquaint the reader more fully with the practice of yoga and its potential roles within an integrative pain medicine practice.

The present study has been mainly designed to find out the effect of selected yogic practices and physical training on motor ability and physiological variables of college men. To accomplish the purpose of this study, the experimental design, the subjects, the criterion variables and test of measuring them and their variables and methods to apply them have been systematically presented.