

Effect of functional fitness training on college girls

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■ ABSTRACT

Aim was to evaluate the effectiveness of functional fitness training exercise on the physical fitness of college girls. Forty college girls were selected randomly and voluntarily of 16-21 range of age. These 40 girls were divided in two groups each of 20. One group was intervention another was control. The intervention group trained for 12 weeks, five days in a week on 13 functional exercises which were related to the strength, agility, flexibility, endurance and fat conducted like circuit training. Intensity of exercise increased on the base of girl's ability. Shuttle run, Sit and reach test, 600 yard run and walk, Modified pull- ups, Standing broad jump, BMI and WHR tests were selected and conducted before and after the training for collection of data. Obtained data were treated by statistical methods for critical results. On the basis of these results the conclusions were drawn. There was statistically significant effect of functional fitness training on all physical fitness components of college girls on increased muscles strength of leg and shoulder, cardio-vascular endurance, flexibility, agility and reduced in fat.

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