

A comparative study of brisk walking and aerobic exercises and its effect on physiological fitness of sedentary housewives

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Received : 09.01.2014; Revised : 14.03.2014; Accepted : 26.03..2014

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■ **ABSTRACT**

The aim of this study was to examine the comparative effect of six weeks brisk walking and aerobic exercises on sedentary housewives. Women of the age 40 to 45 years were divided into three groups of 20 each. One group undergone 6 weeks of brisk walking, second group in aerobic exercises and the third group was control group. For testing its effects pre and post- tests were conducted. For physiological fitness, 7 variables were selected for all the three groups similar to endurance by 600 yard run and walk test and for flexibility sit and reach test, for speed 20 meters run. Thereafter, BMI (Body mass index) WHR (waist hip ratio) breath holding capacity and heart rate were measured. The obtained data were treated by some statistical formulae. Comparison was made by the test's tabulated and calculated values at 0.01 levels with 19 degree of freedom and conclusions of the study were drawn. Result showed a significant influence in both experimental groups.

■ **Key Words** : Brisk walking, Aerobics, Physiological fitness, Sedentary, Housewives

■ **How to cite this paper** : Kalnawat, Kshama (2014). A comparative study of brisk walking and aerobic exercises and its effect on physiological fitness of sedentary housewives. *Internat. J. Phy. Edu.*, 7 (1) : 25-28.