

# Effect of aerobic dance training on endurance among university players

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## ■ ABSTRACT

The purpose of the study was to find out the effect of aerobic dance training on endurance among university players. To achieve this purpose of the study, thirty university women students were selected as subjects who were representing various teams of Sree Sankaracharya University of Sanskrit to participate in the Inter University Competition. The selected subjects were aged between 18 to 22 years. They were divided into two equal groups of fifteen each, Group I underwent aerobic dance training and Group II acted as control that did not participate in any special training apart from their regular curricular activities. The subjects were tested on selected criterion variable such as endurance prior to and immediately after the training period. The selected criterion variable such as endurance was determined through 8 minutes run and walk test. The analysis of covariance (ANCOVA) was used to find out the significant differences if any, between the experimental group and control group on selected criterion variable. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. The result of the present study has revealed that there was a significant difference among the experimental and control group on endurance.

■ **KEY WORDS** : Training, Aerobic dance, Endurance, Women players

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