

Effects of walking and jogging programme on speed and agility among University women students

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■ ABSTRACT

The purpose of the study was to find out the effects of walking and jogging on selected physical fitness components. To achieve this purpose of the study, sixty overweight women studying in various faculties of Annamalai University, Annamalai Nagar, Tamil Nadu, India, during the academic year 2010-12 were randomly selected as subjects and their age ranged from 18 to 25 years. They were divided into three equal groups. Each group consisted of 20 subjects. Group I underwent walking, group II underwent jogging, and group III acted as control who did not participate in any training. The experimental groups underwent their respective training programme for three days per week for twelve weeks. Among the physical fitness variables, the following variables such as speed (50 meter run) and agility (shuttle run) were selected as criterion variables. The data were collected at prior and immediately after the training programme for each criterion variables. Analysis of covariance (ANCOVA) was applied to analyze the data. Since three groups were selected, whenever the 'F' ratio for adjusted post test was found to be significant, Scheffe's test was used as post hoc test to determine which of the paired means difference was significant. In all the cases, 0.05 significance level was used to test this significance. The result of the present study has revealed that there was a significant difference among the walking group, jogging group, and control group on speed and agility. Jogging was better than walking to increase speed and agility.

■ Key Words : Jogging, Walking, Speed, Agility, Women students

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The terms "overweight" refer to a person's overall body weight and whether it's too high. Overweight is having extra body weight from muscle, bone, fat, and/or water. Obesity is having a high amount of extra body fat. Taking in more calories than you burn can lead to obesity because the body stores unused calories as fat. Obesity can be caused by, eating more food than your body can use, drinking too much alcohol and not getting enough exercise. Research has shown that as weight increases to as "overweight" and "obesity,"* the risks for the following conditions also increase, coronary heart disease, Type 2 diabetes, cancer of breast, and colon. Hypertension (high blood pressure), dyslipidemia (for example, high total cholesterol or high levels of triglycerides), stroke, liver and gallbladder disease, sleep apnea and respiratory

problems, osteoarthritis (a degeneration of cartilage and its underlying bone within a joint), gynecological problems (abnormal menses, infertility). Aerobic exercise is physical exercise of relatively low intensity that depends primarily on the aerobic energy generating process (Sharon and Denise, 2007). Aerobic literally means "living in air" and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism (William *et al.*, 2006). Generally, light to moderate intensity activities that are sufficiently supported by aerobic metabolism can be performed for extended periods of time. The benefits of aerobic exercise can be broadly categorized as either 'fitness' or 'health'. Fitness and health are linked, and most forms of aerobic exercise will help to achieve both. Regular aerobic exercise has been shown