

## Effect of aqua aerobics and floor aerobics on selected physiological variables among college men students

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Received : 06.10.2012; Revised : 28.02.2013; Accepted : 30.03.2013

### ■ ABSTRACT

The purpose of the study was to find out the effects of aqua aerobics and floor aerobics on selected physiological variables among college men students. To achieve this purpose of the study, ninety college men were selected as subjects who were studying in Govt. College, Moonak, Punjab. The selected subjects were aged between 17 to 21 years. The selected subjects were randomly divided into three groups of 30 subjects each group. Group one acted as experimental group I and group two acted as experimental group II and group three acted as control group. Group one underwent floor aerobics, group two underwent aqua aerobics training for eight weeks and group three underwent routine physical exercise. The subjects were tested on selected criterion variables such as  $VO_2$  max and breath holding time prior to and immediately after the training period. The selected criterion variables such as  $VO_2$  max was measured by 12 minute run and walk test and breath holding time was measured by using stop watch, respectively. 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 variables separately. 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  $VO_2$  max and breath holding time.

■ **Key Words** : Aqua aerobics, Floor aerobics, Physical variables

■ **How to cite this paper** : Shelvam, P.V., Singh, Jaskaran and Singh, Rajwinder (2013). Effect of aqua aerobics and floor aerobics on selected physiological variables among college men students. *Internat. J. Phy. Edu.*, 6 (1) : 37-39.

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Physical education aims to keep people "healthy". The physical education/health programmes provide boys and girls with accurate and significant knowledge related to their individual needs and interest. There is also concern for health services and healthy physical and emotional environment. Physical fitness is more than is not being sick or merely being well. It is different from resistance or immunity from disease. Physical fitness therefore is an essential quality in humans (Roy and Irvin, 1983).

Aerobic exercise comprises innumerable forms. In general, it is performed at a moderate level of intensity over a relatively long period of time. For example, running a long distance at a moderate pace is an aerobic exercise, but sprinting is not. Playing singles tennis, with near-

continuous motion, is generally considered aerobic activity, while golf or two person team tennis, with brief bursts of activity punctuated by more frequent breaks, may not be predominantly aerobic. Aqua fitness is the latest fad in the world of fitness. Aqua exercise is any exercise done in water to complement and enhance your regular training and exercise. Aqua aerobics is refreshing as water calm and relaxes one's body. As a low impact exercise, anyone can do aqua aerobics. The body remains submerged in water and this acts a cushion and prevents any form of injury. Aerobic exercise performed in water, known as aqua aerobics. Water aerobics or "waterobics" is the performance of aerobic exercise in shallow water such as a swimming pool. In some areas it is known as Aqua Fit or "Aqua aerobics", and is a type of resistance