



EFFECT OF AEROBIC EXERCISES ON THE PERFORMANCE OF SCHOOL LEVEL GIRL BOXERS

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The purpose of the study was to investigate the effect of aerobic exercises on the performance of school level girl boxers. In order to accomplish this, 30 school level girl boxers were selected from Chennai. An initial test was administered on them in the event of overall boxing ability to know their performance before training. The performance in the initial test was recorded and on the basis of scores they were divided into two equal groups randomly. One group was kept as controlled group which was not given any kind of aerobic exercises. The second group was kept as experimental group which was given aerobic exercises. To test the significance of the effect of aerobic exercises, two correlated mean data collected were treated statistically by applying t ratio. It was concluded that there was a significant improvement on overall boxing performance due to aerobic exercises.

Keywords: Aerobic, School, Boxers.**INTRODUCTION**

Aerobic exercise is any activity that uses large muscle groups, can be maintained continuously for a long period of time and is rhythmic in nature. Aerobic activity trains the heart, lungs and cardio-vascular system to process and deliver oxygen more quickly and efficiently to every part of the body. As the heart muscle becomes stronger and more efficient a larger amount of blood can be pumped with each stroke. An aerobically fit individual can work longer, more vigorously and achieve a quicker recovery at the end of the aerobic session.

Aerobic exercise is physical exercise of relatively low intensity that depends mainly on the aerobic energy generating procedure. Generally, light to moderate intensity activities that are adequately supported by aerobic metabolism can be performed for comprehensive periods of time.

Aerobics Exercises (Cooper, Kenneth e): Moderate intensity workout that uses up oxygen at a rate in which the cardio respiratory system can replenish oxygen in the

working muscles. Examples of such activity are exercises like stationary bike riding or walking. It is a good activity for fat loss when done in the right amounts.

METHODOLOGY

The purpose of the study was to investigate the effect of aerobic exercises on the performance of school level girl boxers. In order to accomplish this, 30 school level girl boxers were selected from Chennai. An initial test was administered on them in the event of overall boxing ability to know their performance before training. The performance in the initial test was recorded and on the basis of scores they were divided into two equal groups randomly. One group was kept as controlled group which was not given any kind of aerobic exercises. The second group was kept as experimental group which was given aerobic exercises. To test the significance of the effect of aerobic exercises, two correlated mean data collected were treated statistically by applying t ratio.

RESULTS

TABLE I
MEAN, STANDARD DEVIATION, MEAN DIFFERENCE AND 'T' VALUES FOR THE SCORES OF THE PRE-TEST AND POST-TEST OF OVERALL BOXING PERFORMANCE

GROUPS	TEST	MEAN IN (Scores)	STANDARD DEVIATION	MEAN DIFFERENCE	OBTAINED 't' value
Experimental Group	Pre-test	132.68	2.24	4.21	1.01
	Post-test	128.47	2.28		
Controlled Group	Pre-test	135.70	2.21	0.26	0.09
	Post-test	135.44	2.05		

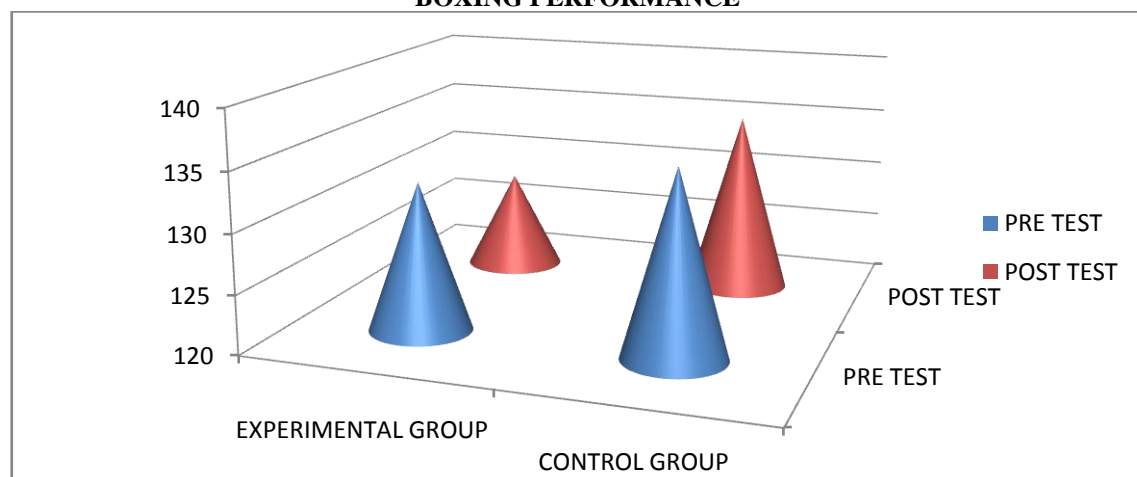
Level of confidence of 0.05

Table 1 shows that the concerned values obtained by the experimental group in pre-test and post-test are 132.68 marks and 128.47 marks respectively. The mean difference of the experimental group is 4.21 marks. This shows that the experimental group, by doing

required value = 0.361

interval training has improved their performance by 4.21 marks. The standard deviation of pre-test and post-test scores are 2.24 and 2.28 respectively. The obtained 't' value for the experimental group is 1.01 at 0.05 level of confidence.

FIGURE-I
DIAGRAM SHOWING MEAN FOR THE SCORES OF THE PRE-TEST AND POST-TEST OF OVERALL BOXING PERFORMANCE



CONCLUSION

It was concluded that there was a significant improvement on overall boxing performance due to aerobic exercises.

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