

EFFECTS OF CHRONIC AEROBIC EXERCISE
ON SELECTED CARDIO RESPIRATORY
VARIABLES OF SCHOOL BOYS



A THESIS
PRESENTED TO THE VIDYA SAGAR UNIVERSITY
IN LIEU OF A THEORY PAPER
FOR THE DEGREE OF
MASTER OF PHYSICAL EDUCATION

By
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DEPARTMENT OF PHYSICAL EDUCATION
ROGBERIA GANGADHAR MAHAVIDYALAYA
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Finally the researcher expresses his deep indebtedness to his friends for taking the pain while providing continuous inspiration and encouragement throughout the course of study.

CONTENT

DEDICATED-----	ii
CERTIFICATE-----	iii
DECLARATION-----	iv
VITA-----	v
ACKNOWLEDGEMENT-----	vi
CONTENTS-----	vii-ix
LIST OF TABLES-----	x
LIST OF FIGURES-----	xi
LIST OF ABBREVIATION-----	xii-xiii

CHAPTER-1 INTRODUCTION

1.1 General Introduction-----	1-6
1.2 Statement of problems-----	7
1.3 Objectives of the study-----	7
1.3.1 General objective-----	7
1.3.2 Specific objective-----	7
1.4 Significance of the study-----	8
1.5 Delimitation of the study-----	8
1.6 Limitation of the study-----	8-9
1.7 Hypotheses of the Study-----	9
1.8 Definition of Terms-----	9-10

CHAPTER -2 REVIEW OF RELATED LITERATURE

Review of Related Literature-----	11-20
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CHAPTER -3 METHODS AND MATERIALS

3.1 Selection of Subjects-----	21
3.2 Experimental Design-----	21
3.3 Criterion Measure-----	21-22
3.4 Training Program-----	22
3.4.1 Aerobic Exercises Training Programme-----	22-23
3.4.2 Description of Exercise-----	23-24
3.5 List of Tests conducted-----	24
3.6 Procedure for tests-----	25
3.6.1 Equipment used-----	25
3.6.2 Orientation of subjects-----	25
3.6.3 Conducting the test detail-----	25
3.6.4 Age-----	25
3.6.5 Weight-----	26
3.6.6 Height-----	27
3.6.7 Resting Heart Rate (RHR) -----	28
3.6.8 Respiratory Rate (RR) -----	29
3.6.9 Breath Holding Time (BHT) -----	30
3.6.10 Predicted VO ₂ max -----	31
3.7 Statistical Procedure -----	31

CHAPTER -4 RESULTS AND DISCUSSION

4. Introduction-----	32
4.1 Personal Data-----	32-33
4.2 Cardio respiratory Variables-----	33-42

CHAPTER-5 SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary-----	43-44
5.2 Conclusions-----	44-45
5.3 Recommendations-----	45

REFERENCES

Books-----	46-47
Dictionary-----	47
Journals-----	47-50
Miscellaneous-----	50

APPENDICES

Appendices-1-----	xiv
Appendices-2-----	xv
Appendices-3-----	xvi
Appendices-4-----	xvii

LIST OF TABLE

Table No.	Titles	Page no.
1	General structure of training program	22
2	Aerobic Exercises Training Program	23
3	Personal Data(Age, Height and Weight) Mean, S.D	32
4	Mean, S.D, SE _D and 't' ratio of RHR the Experimental group between pre and post test.	34
5	Mean, S.D, SE _D and 't' ratio of RR the Experimental group between pre and post test.	35
6	Mean, S.D, SE _D and 't' ratio of BHT the Experimental group between pre and post test.	36
7	Mean, S.D, SE _D and 't' ratio of Predicted VO _{2 max} the Experimental group between Pre and Post test.	38
8	Mean, S.D, SE _D and 't' ratio of RHR the Control group between pre and post test.	39
9	Mean, S.D, SE _D and 't' ratio of RR the Control group between pre and post test.	40
10	Mean, S.D, SE _D and 't' ratio of BHT the Control group between pre and post test.	41
11	Mean, S.D, SE _D and 't' ratio of Predicted VO _{2 max} the Control group between Pre and Post test.	42

LIST OF FIGURES

Table No.	Particulars	Page No.
1	Administration of Weight	26
2	Administration of Height	27
3	Administration of Resting Heart Rate	28
4	Administration of Respiratory Rate	29
5	Administration of Breath Holding Time	30
6	Graphical Representation of Mean and S.D of Age Height and Body Weight for Experimental and Control group	33
7	Graphical Representation of Mean, S.D and 't' ratio of Resting Heart Rate for Experimental group between pre and post test	35
8	Graphical Representation of Mean, S.D & 't' ratio of Respiratory Rate for Experimental group between pre & post test	36
9	Graphical Representation of Mean, S.D and 't' ratio of Breath Holding Time for Experimental group between pre and post test	37
10	Graphical Representation of Mean, S.D and 't' ratio of Predicted VO_{2max} for Experimental group between pre and post test	38
11	Graphical Representation of Mean, S.D and 't' ratio of Resting Heart Rate for Control group between pre & post test	39
12	Graphical Representation of Mean, S.D and 't' ratio of Respiratory Rate for Control group between pre and post test	40
13	Graphical Representation of Mean, S.D and 't' ratio of Breath Holding Time for Control group between pre and post test	41
14	Graphical Representation of Mean, S.D and 't' ratio of Predicted VO_{2max} for Control group between pre and post test	42