

EXPLORING THE ENDURANCE LEVEL OF KHO-KHO PLAYERS AFTER FOUR WEEKS PRACTICE OF YOGIC ASANAS AND PRANAYAMA

Kotreshi H

College Director of Physical Education

S R M P P Govt. First Grade College, Hoovinahadagali
Karnataka

Dr. Shivaji Surywanshi

P E S College of Physical Education
Nagesenvan, Aurangabad.

ABSTARCT

Across the world many people are suffering from obesity due to wrong lifestyles and the unhealthy daily routine that they are follow in their life. Under the leadership of World health organization health day is practiced to draw the attention of the people worldwide towards health issues. The term Physical fitness, exercise and physical activities are often confusing terms. Physical activities are bodily movements produced by skeletal muscles that result in energy expenditure. Health related Physical fitness is used as a way to measure Individuals fitness. Health related physical fitness can be useful in maintaining physical fitness in day to day life. The purpose of the present investigation was to examine the endurance of Kho Kho players after the four weeks of practice of yogic asana and pranayama. Beep test was used for measuring the endurance capacity of subjects under investigation.

Introduction

Across the world many people are suffering from obesity due to wrong lifestyles and the unhealthy daily routine that they are follow in their life. Under the leadership of World health organization health day is practiced to draw the attention of the people worldwide towards health issues. World health day creates awareness among commons people regarding health issues and creates concern regarding health for better health for the next age group. A Healthy living should focus on increasing life anticipation by maintaining good health habits. (World health day, History significance and theme, Hindustan Times, 2019)

The term Physical fitness, exercise and physical activities are often confusing terms. Physical activities are bodily movements produced by skeletal muscles that result in energy expenditure. Physical activity may be our daily occupation, sports and other activities. Exercises are the set of programmers' that can be involved in physical activities. Lastly physical fitness means a set of trait that are either skill related or the health related and which features can be measured through specific tests. (Caspersen., Powell., and Christenson., 1985)

Health Related Fitness

Health related Physical fitness is used as a way to measure an Individuals fitness. Health related physical fitness can be useful in maintaining physical fitness in day to day life. There are five components of health related fitness, Cardiovascular Endurance which is the fuel for the spontaneous physical activity which delivers oxygen to the blood to perform any activity without undue fatigue, Muscular Endurance the force exerted by the muscle for a period of time. It postpones the outburst of fatigue and the activity may be prolonged for a longer period, Body Composition is the fat percentage in bones and body mass, Muscular Strength is the activity that produces high force or insanities for short intervals which exert or resist force and Flexibility extends between specified sequences of joints that have movement. (Top 5 Health-Related Components of Fitness, 2017)

Good nutrition, Balanced Diet and a healthy life style are the essential factors that protect us from many diseases. The heart related disease, blood pressure; obesity is the common non communicable diseases which have become pre dominant due to the inactive life style and unscheduled and wrong food habits.

A healthy life style and good food habits are the vital factors which enhance an individual's physical and mental health. The knowledge of our own body mechanism, the knowledge on what is good and wrong for a healthy living is most required to lead a happy life personally and also for the well - being of the society. Individuals have to give utmost importance to health in order to ensure a safe living, with reduced risk of illness and stress.

The objective of study

The purpose of the present investigation was to explore the endurance of kho-kho players after four weeks practice of yogic asanas and pranayama.

Methodology

The subjects for the present study were sixty kho kho players under the age group of 19 to 23 years and they had the pre test of endurance, for this study the kho kho players were given the practice of asana and pranayama for four weeks. To calculate the endurance of kho kho players beep test was used for measuring the actual endurance capacity of subjects under investigation. Subjects reached one line to the another, twenty meters apart, before the beep. Over the time the beep sound became shorter and the subject had to increase the speed of his running. Flat and non-slippery surface, cones for marking boundary, measuring tape, audio with beep sound, recording sheet, music system with speaker were used for the conduct of beep test. This test involved continuous running in between the twenty meter marking according to the beep sound. Subject stood facing the twenty meter marking line and cone and started running when the instruction was given. The starting will be slow and at every stage the gap between beep sound becomes shorter and the subject should run faster than before to catch with the beep. Before the beep sound the subject reached the line, and waited

for the beep sound to continue running. If the subject was not reaching the prescribed line should be given warning. If he repeatedly fails to catch the beep and reach the line, the subject was asked to stop running. The level and the number of shuttles were counted and registered in the beep test score sheet. The recorder recorded the last level completed by the subject. The level and the shuttle were then converted to the Vo2 Max measured in milliliters of oxygen per kilogram of bodyweight per minute (ml/kg/min).

Findings of the study

The raw data on endurance measured in terms of Beep test were subjected on the suitable norms based expressions.

Table.1 Norms based expression of endurance of Kho Kho Players before the practice of yogic Asanas

Endurance ranges	Number of subjects	Percentage	Normative category
Below 33	08	13.33	Very poor
33.0 to 36.4	12	20	Poor
36.5 to 42.4	20	33.33	Fair
42.5 to 46.4	15	25	Good
46.5 to 52.4	05	8.33	Excellent

From table 1 it becomes clear that 13.33% of the under kho kho players are ‘Very Poor’ in Endurance; 20% of the kho kho players are having ‘Poor’ Endurance; 33.33% of the kho kho players are ‘Fair’; 25% are having ‘Good’ Endurance and 8.33% of the kho kho players are having ‘Excellent’ Endurance. The results of four week practice of asanas and pranayama are shown in figure 1.

Figure 1 Graphical illustration of norms based classification of Kho Kho players on Endurance before the practice of yogic Asanas

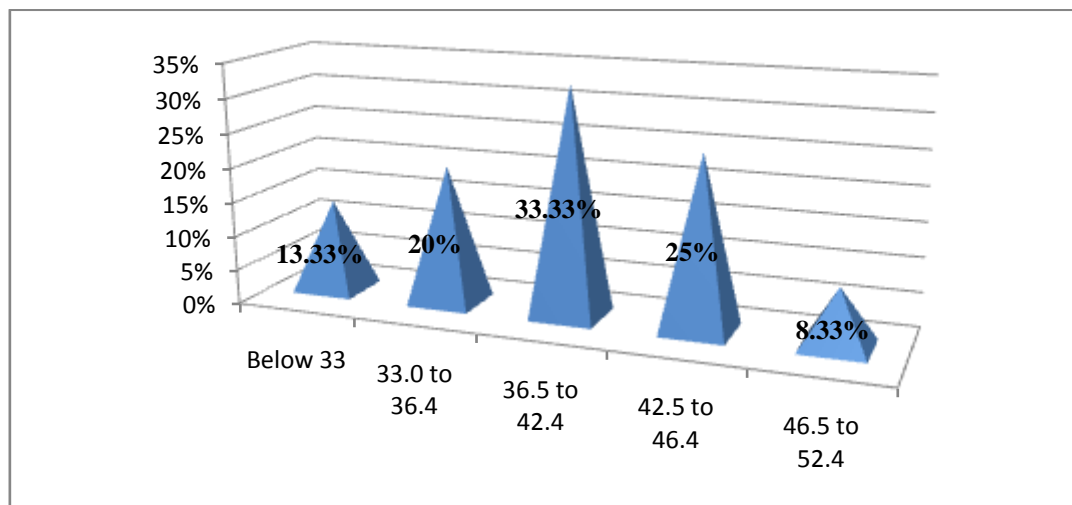
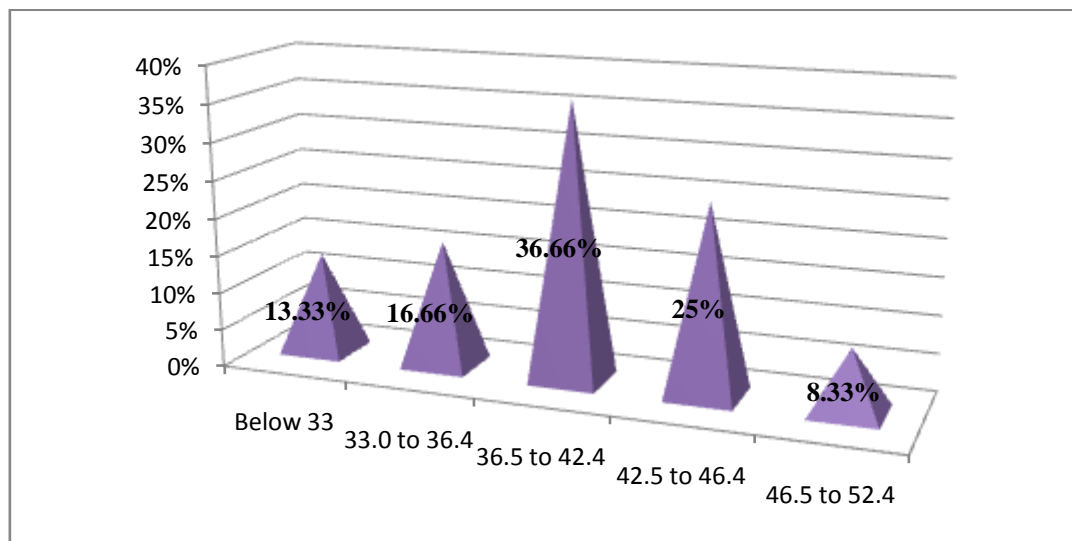


Table.2 Norms based expression of endurance of Kho Kho Players after the four week practice of yogic Asanas

Endurance ranges	Number of subjects	Percentage	Normative category
Below 33	08	13.33	Very poor
33.0 to 36.4	10	16.66	Poor
36.5 to 42.4	22	36.66	Fair
42.5 to 46.4	15	25	Good
46.5 to 52.4	05	8.33	Excellent

From table 2 it becomes clear that after the four week practice of yogic asanas 13.33% of the under kho kho players are 'Very Poor' in Endurance; 16.66% of the kho kho players are having 'Poor' Endurance; 36.66% of the kho kho players are 'Fair'; 25% are having 'Good' Endurance and 8.33% of the kho kho players are having 'Excellent' Endurance. The norm based expression of kho kho player's endurance before the practice of asanas and the results are graphically shown in figure 2.

Figure 2 Graphical illustration of norms based classification of Kho Kho players on Endurance after four weeks of practice of yogic Asanas and pranayama



From figure 2, it becomes clear that after the four week practice of yogic asanas, 13.33% of the under kho kho players are 'Very Poor' in Endurance; 16.66% of the kho kho players are having 'Poor' Endurance; 36.66% of the kho kho players are 'Fair'; 25% are having 'Good' Endurance and 8.33% of the kho kho players are having 'Excellent' Endurance.

Discussion

From the above two tables it is very clear that the practice of yogic asanas may not help the kho kho players in terms of endurance. There is no significant impact of yogasanas on motor fitness of Kho Kho Players. So, 13.33% of the Kho Kho players are 'Very Poor' in Endurance; 20% of the Kho Kho players are having 'Poor' Endurance; 33.33% of the kho kho players are 'Fair'; 25% are having 'Good' Endurance and 8.33% of the Kho Kho players are having 'Excellent' Endurance.

Conclusion

To improvise the standard of endurance awareness with regard to physical fitness, the sessions for endurance must be incorporated. Endurance type of activities like skipping, jogging and cycling can be adopted in training sessions. Players should be encouraged to do moderate to high levels of physical activities for cardio-respiratory fitness.

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