Chapter v

Summary, Conclusions and Recommendations

The present age is an age of competition. In this age one must be fit in all the aspects. In order to perform the required amount of work in daily routine one must have adequate level of health related physical fitness. It is not only helpful in getting success in life but also in making life healthy throughout the journey. The person must be fit from the point of view of taking part in sports and performing day to day business as far as performance in sports is concerned, physical fitness is the backbone of all the activities of life.

The purpose of the study was to check the effects of selected training programme on health related physical fitness components of obese children. The subjects were selected from Mussoorie International School aged between 10 to 14 years.

The data was collected by administering the fit youth today test to the obese children before and after giving the training programme to them in term of pre test and post test.
A total number of 80 obese students were selected as the subjects. In each group for each programme 20 students were selected as the subjects.

In order to find out the significance of difference analysis of covariance was used and the level of significance chosen was at .05 levels. Analysis of covariance was computed by the ANCOVA test. In order to find which training programme is more effective, pairwise comparison analysis on adjusted means of post test data was used. To find out the least significance difference among the groups LSD was used.

CONCLUSIONS

After analyzing the results of the study from discussion of findings and hypothesis the following conclusions may be drawn.

The results showed that there were highly significant differences between the three groups that is brisk walking, jogging and circuit training program. Circuit training seems to be more effective than other groups. The participants of circuit training program reduced their body fat and improved their cardiorespiratory efficiency, muscular strength, muscular endurance and flexibility as a result of their participation five times per week in circuit training
programme that emphasized inclusive participation and a positive atmosphere.

Jogging programme was less effective than circuit training programme but participation of jogging programme also reduced their body fat and increased their cardio respiratory efficiency, muscular strength, muscular endurance, and flexibility as a result of their participation five times per week in jogging training programme but its effect was less than the circuit training programme.

Brisk walking group also reduced their body fat and increased in cardio respiratory efficiency, muscular strength, muscular endurance and flexibility but improvement was less than circuit training and jogging training programme.

In other words circuit training programme seems to be more effective to reduce the body fat and improve cardio respiratory efficiency, muscular strength, muscular endurance and flexibility followed by jogging and brisk walking.

There was no improvement in control group participants. Participants of control group programme increased their body fat and decreased their cardio respiratory efficiency, muscular strength, muscular endurance and flexibility as they did not take part in any of
the training program. They were continuing with their regular routine.

The aim of the training program was to provide an opportunity to obese children to not only participate in, but also enjoy the process and feeling of being physically active and fit. Further, it was hoped that by facilitating the development of movement skill and confidence to be physically active in their formative years, that participants would continue to lead a physically active lifestyle as they grow older. It was argued that promotion of physical activity coupled with its positive effects on body composition in children and youth could be an effective way to administer the primary prevention of chronic diseases in adults. More research has to be conducted regarding the prevention of obesity. Obesity is not a disease but often leads to illnesses, so for good health obesity should be prevented. For prevention of obesity right method should be adopted. This study results showed the right method.
Recommendations

Research is an evergreen process one has to criticize, analyze and even conduct the research on the same topic that has been already conducted by others. It may be possible that one may have better ideas and better ways of conducting any research study. By analyzing all the facts the research scholar wishes to make the following recommendations to the future aspirants i.e to those who wish to do research in the health related physical fitness of obese children. By analyzing all these facts and the results of this study it is recommended that:

1. The study may be conducted on male subjects of the same age group.

2. Similar study may be undertaken with subjects of different age groups.

3. Longitudinal study may be carried out so as to have a clear cut idea regarding superiority of one teaching method over the others.

4. The same type of study may be conducted on subjects of age other than those employed in this study.

5. The same type of study may be conducted by increasing the sample size.
6. One can conduct the same type of study by comparing some other training programme.

7. A similar type of study may be conducted on different areas obese children residing in different states.

8. The same type of study may be replicated by comparing high economic and low economic groups obese children.

9. A similar type of study may be conducted by taking the variables other than these chosen for this study.