In this final chapter researcher tried to describe the summary of present study. Researcher also tried to describe the outcome conclusion from the present study. On the basis of this study researcher tried to state some recommendations for society and for further research studies.

Summary

Therapeutic exercise and Health-Related Fitness programme is a well systematic structured programme of exercises given to the subject sunder the condition of Therapeutic & Health-Related Fitness. Therapeutic exercise training works by causing micro-scopes damage or tears to the muscle cells which in turn are quickly repaired by the body to help the muscles regenerate and grow stronger. The benefits of Therapeutic exercise are well documented and this research will continue to prove that it is an important training method for the improvement of young adult’s sports performance.

The primary aim of the present study was effects of Therapeutic exercise and Health-Related Fitness programme to improvement physiological efficiency and Health Outcomes among young adults. Investigator collected data from 40 male physical education young adults as an experimental group who was doing M.P.Ed. From School of educational science, Swami Ramanand Teerth Marathwada University Nanded and 40 other young adults students as a experimental group was selected in the form of pre-test and post-test for present study. The age of the subject were ranged between 18-35years. Training was given to the both experimental groups. They completed an informed consent document to participate in the study. The age, height, weight, BMI, Heart Rate, Respiratory Rate, Breath Holding Capacity, Blood pressure, and Health Outcome components of all the subjects were measured in S.R.T.M. University campus sports complex. In this study Treadmill-walking, Adler-running, jogging, climbing, jumping row, slight weight training, and
cross country running, waking, jumping, throwing, speed ply training, slight weight training, and Static stretching exercise were selected to improve physiological efficiency and Health Outcomes among young adults. The analysis of data was done using Mean, Standard Deviation, and ANCOVA (Analysis of Covariance) and the level of significant were set up at 0.05 level of confidence. The training programme was planned for 12 weeks 4 days a week and 60 minutes a day for 12 weeks. In the exercise session warm-up period were approximately 15 minutes, included walking, jogging and combine calisthenics type stretching exercises and progressive aerobic activity. Then main activity period up to 60 minutes many Treadmill-walking, Adler running, jogging, climbing, jumping row, cross country, running, waking, throwing, speed ply training, slight weight training and Recreation Activities were involved. During main session students were trained according to protocol of three sets, 8-12 repetitions and 3-5 minutes break, between each set training programs were created in the frame of these criteria. After the main session cool-down period was 10 minutes including combining active and passive stretching exercise and light jogging was included. The recognition Committee of physical education, Swami Ramanand Teerth Marathwada University was approved the study prior to its implantation.

Participation in this study was strictly voluntary. Informed Consent form fully described to prospective participants their rights and full nature of the study prior to gathering data. Researcher was distributed the Letter of Introduction to participate to the participants.

The first hypothesis of the study was that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to RHR among young adults. The mean scores obtained from Table 3, the mean scores (SDs) of Pre-test was 70 (5.10) and the post test was 67.17 (6.57) recorded respectively of selected physiological efficiency with respect to RHR of pre and post-test of Therapeutic exercise Programme. Meanwhile the mean scores obtained from Table 4, the mean score (SDs) of Pre-test was 70.35(5.44) and the post test was 66.85(5.64) recorded respectively of selected physiological efficiency with respect to RHR of pre and post-test of Health-Related Fitness Programme. The result reveals that No Significant difference of Therapeutic exercise and Health-Related Fitness Programme (F=1.77,P<0.05) was found on Heart Rate of
physiological efficiency of young adults. The hypothesis of the study regarding Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to RHR among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to RR among young adults, the mean scores obtained from Table 6, the mean score(SDs) of Pre-test was 20.09 (4.90) and the post test was 18.02(4.12) respectively of selected physiological efficiency with respect to Respiratory rate of pre and post-test of Therapeutic exercise. Meanwhile, the mean scores obtained from Table 7, the mean score(SDs) of Pre-test was 21.05(4.44) and the post test was 29.22(4.44) recorded respectively of selected physiological efficiency with respect to Respiratory rate of pre and post-test of Health-Related Fitness Programme. Statistically Significant Effects of Therapeutic exercise and Health-Related Fitness Programmes on Respiratory rate of physiological efficiency of young adults was found (F= P<.05) Significant difference of Therapeutic exercise and Health-Related Fitness was found on physiological efficiency with respect to Respiratory rate among young adults. The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to RR among young adults was accepted.

It has been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to BHC (inspiration) among young adults. The mean score (SDs) obtained from Table 9, the mean scores of Pre-test was 40.85 (7.80) and the post test was 42.57 (6.89) recoded respectively of selected physiological efficiency with respect to Breath holding capacity (after inspiration) of pre and post-test of Therapeutic exercise group. Meanwhile The mean scores obtained from Table 10, the mean score(SDs) of Pre-test was 47.07(7.30) and the post test was 47.87(7.98) recorded respectively of selected physiological efficiency with respect to Breath holding capacity(inspiration) of pre and post-test of Health-Related Fitness Programme. Insignificants difference of Therapeutic exercise and Health-Related Fitness Programme on Breath holding capacity (inspiration) of physiological efficiency of young adults was found (F=0.67).
The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to BHC (inspiration) among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to BHC(Expiration) among young adults. The mean score(SDs) obtained from Table 12, the mean scores of Pre-test was 45.15(6.35) and the post test was 46.5(6.35) recorded respectively of selected physiological efficiency with respect to Breath holding capacity (expiration) of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 13, the mean score(SDs) of Pre-test was 39.57(21.06) and the post test was 43.82(17.18) recorded respectively of selected physiological efficiency with respect to Breath holding capacity (expiration) of pre and post-test of Health-Related Fitness Programme. Significant difference of Therapeutic exercise and Health-Related Fitness Programme on Breath holding capacity (Expiration) of physiological efficiency of young adults was found. This means that Therapeutic exercise as greater significant for improve the Breath holding capacity as compare than Health-Related Fitness programme among young adults. The hypothesis of the regarding Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to BHC (Expiration) among young adults.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to SBP among young adults. The mean score(SDs) obtained from Table 15, the mean scores of Pre-test was 124.12(8.68) and the post test was 121.92 (9.06) respectively of selected physiological efficiency with respect to Systolic Blood pressure of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 16, the mean score (SDs) of Pre-test was 129.12(11.44) and the post test was 125.25(16.86) respectively of selected physiological efficiency with respect to Systolic Blood pressure of pre and post-test of Health-Related Fitness Programme. Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Systolic Blood pressure of physiological efficiency of young adults was found (F- 4.95). This means that, there were
significant differences of Therapeutic exercise and Health-Related Fitness Programme on physiological efficiency with respect to Systolic Blood pressure among young adults. The hypothesis of the study regarding Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to SBP among young adults.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to DBP among young adults. The mean scores obtained from Table 18, the mean score (SDs) of Pre-test was 76.4(5.06) and the post test was 76.728.29) recorded respectively of selected physiological efficiency with respect to Diastolic Blood pressure of pre and post-test of Therapeutic exercise group. However, The mean score(SDs) obtained from Table 19, the mean score of Pre-test was 77.25(6.70) and the post test was 75.55(14.49) recorded respectively of selected physiological efficiency with respect to Diastolic Blood pressure of pre and post-test of Health-Related Fitness Programme. Insignificant Effects of Therapeutic exercise and Health-Related Fitness Programme on Diastolic Blood pressure of physiological efficiency of young adults was found (F = 0.052). That means that, there were insignificant differences of Therapeutic exercise and Health-Related Fitness Programme on physiological efficiency with respect to Diastolic Blood pressure among young adults. The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on physiological efficiency with respect to DBP among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to health status among young adults. The mean score (SDs) obtained from Table 21, the mean score of Pre-test was 2.97(1.20) and the post test was 2.5(1.19) recorded respectively of selected Health Outcomes with respect to Health Status of pre and post-test of Therapeutic exercise. However, The mean scores obtained from Table 22, the mean score(SDs) of Pre-test was 2.77(1.02) and the post test was 2.82(0.90) recorded respectively of selected Health Outcomes with respect to Health Status of pre and post-test of Health-Related Fitness Programme. Insignificant differences of Therapeutic exercise and Health-Related Fitness Programme on Health
Status of Health Outcomes of young adults was found (F= 1.46). The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to health status among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to rate of health among young adults. The mean scores obtained from Table 24, the mean score (SDs) of Pre-test was 2.75(1.12) and the post test was 2.67(1.11) recorded respectively of selected Health Outcomes with respect to Rate of Health of pre and post-test of Therapeutic exercise. Meanwhile, the mean score(SDs) obtained from Table 25, the mean score of Pre-test was 2.57(1.21) and the post test was 2.52(1.27) recorded respectively of selected Health Outcomes with respect to Rate of Health of pre and post-test of Health-Related Fitness Programme.

Insignificant Effects of Therapeutic exercise and Health-Related Fitness Programme on Rate of Health Outcomes of young adults was found (F = 0.04). The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to rate of health among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to activities among young adults. The mean score (SDs) obtained from Table 27, the mean score of Pre-test was 13.10(3.70) and the post test was 12.98(3.46) recorded respectively of selected Health Outcomes with respect to Activities of pre and post-test of Therapeutic exercise. Meanwhile, the mean scores obtained from Table 28, the mean score(SDs) of Pre-test was 12.38 (2.60) and the post test was 12.63(2.95) recorded respectively of selected Health Outcomes with respect to Activities of pre and post-test of Health-Related Fitness Programme.

No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Activities of Health Outcomes of young adults was found (F= 0.01). The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to activities among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to problem of regular daily physical health among young adults. The
mean score (SDs) obtained from Table 30, the mean score of Pre-test was 2.52 (1.06) and the post test was 2.3 (1.18) respectively of selected Health Outcomes with respect to Problem of Regular daily Physical Health of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 31, the mean score (SDs) of Pre-test was 2.47 (0.87) and the post test was 2.62 (0.74) recoded respectively of selected Health Outcomes with respect to Problem of Regular daily Physical Health of pre and post-test of Health-Related Fitness Programme. Insignificant difference of Therapeutic exercise and Health-Related Fitness Programmes on Problem of Regular daily Physical Health of Health Outcomes of young adults was found (F= 0.42). The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to problem of regular daily physical health among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to emotional problem among young adults. The mean score (SDs) obtained from Table 33, the mean scores of Pre-test was 2.25 (0.84) and the post test was 1.65 (0.92) recorded respectively of selected Health Outcomes with respect to Emotional Problem of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 34, the mean score (SDs) of Pre-test was 1.75 (1.00) and the post test was 2.02 (0.73) recorded respectively of selected Health Outcomes with respect to Emotional Problem of pre and post-test of Health-Related Fitness Programme. Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Emotional Problem of Health Outcomes of young adults was found (F= 4.56). This means that, there were significant effects of Therapeutic exercise and Health-Related Fitness Programme on Health Outcomes with respect to Emotional Problem among young adults. The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to emotional problem among young adults was accepted.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to Normal social activities among young adults. The mean scores obtained from Table 36, the mean score (SDs) of Pre-test was 2.90 (1.17) and the post
test was 3.12(1.28) recorded respectively of selected Health Outcomes with respect to Normal Social Activity of pre and post-test of Therapeutic exercise. Meanwhile, the mean scores obtained from Table 37, the mean score(SDs) of Pre-test was 3.07(0.99) and the post test was 2.85(0.86) recoded respectively of selected Health Outcomes with respect to Normal Social Activity of pre and post-test of Health-Related Fitness Programme. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Health Normal Social Activity of Health Outcomes of young adults was found (F= 0.34). The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to Normal social activities among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to level of body pain among young adults. The mean score(SDs) obtained from Table 39, the mean scores of Pre-test was 3.02(1.45) and the post test was 3.27(1.32) respectively of selected Health Outcomes with respect to Level of Body Pain of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 40, the mean score(SDs) of Pre-test was 3.5(1.08) and the post test was 2.8(1.24) recoded respectively of selected Health Outcomes with respect to Level of Body Pain of pre and post-test of Health-Related Fitness Programme. Statistically Significant difference of Therapeutic exercise and Health-Related Fitness Programme on Level of Body Pain of Health Outcomes of young adults was found (F= 3.35 p<0.05), That means that Therapeutic exercise and Health-Related Fitness Programme on Health Outcomes the body pain among young adults. Health-Related fitness programme was more beneficial to reduce level of body pain as compared than Therapeutic exercise. The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to level of body pain among young adults was accepted.

It had been hypothesized There would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to pain with normal work among young adults. That The mean score(SDs) obtained from Table 42, the mean score of Pre-test was 1.92(1.02) and the post test was 2.37(1.29) recoded respectively of selected Health Outcomes with respect to Pain
with Normal work of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 43, the mean score(SDs) of Pre-test was 2.77(1.09) and the post test was 2.47(0.87) recoded respectively of selected Health Outcomes with respect to Pain with Normal work of pre and post-test of Health-Related Fitness Programme. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Pain With Normal work of Health Outcomes of young adults was found (F=1.41), The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to pain with normal work among young adults was rejected.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to level of feeling among young adults. The mean score (SDs) obtained from Table 45, the mean score of Pre-test was 33.58(6.04) and the post test was 29.43(7.06) respectively of selected Health Outcomes with respect to Level of Feeling of pre and post-test of Therapeutic exercise. Meanwhile, the mean scores obtained from Table 46, the mean score(SDs) of Pre-test was 27.05(5.82) and the post test was 30.18(6.48) respectively of selected Health Outcomes with respect to Level of Feeling of pre and post-test of Health-Related Fitness Programme. Significant difference of Therapeutic exercise and Health-Related Fitness Programme on Health Outcomes with respect to Level of Feeling of young adults was found (F= 3.90). That means that, there were significant differences of Therapeutic exercise and Health-Related Fitness Programme on Health Outcomes with respect to Level of Feeling among young adults. Therapeutic exercise and Health-Related Fitness Programme on Health Outcomes were significantly increasing the health outcomes with respect to level of feeling. Health-Related Fitness Programme was more effective to enhance the level of feeling but Therapeutic exercise decrease the level of felling with respect to Health Outcomes. The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to level of feeling among young adults was accepted.

It had been hypothesized that, there would be significant difference of the Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to problem of interfered social activity among young adults. The mean
score (SDs) obtained from Table 47, the mean score of Pre-test was 2.00 (1.32) and the post test was 2.47 (1.24) recoded respectively of selected Health Outcomes with respect to Problem of Interfered Social Activities of pre and post-test of Therapeutic exercise group. Meanwhile, the mean scores obtained from Table 49, the mean score of Pre-test was 2.07 (1.14) and the post test was 2.32 (0.91) recoded respectively of selected Health Outcomes with respect to Problem Interfered Social Activities of pre and post-test of Health-Related Fitness Programme. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Problem of Interfered Social Activities of Health Outcomes of young adults was found (F= 1.31). The hypothesis regarding Therapeutic exercise and Health-Related Fitness programme on Health outcomes with respect to problem of interfered social activity among young adults was rejected.
CONCLUSIONS

1. After completion of the study the following conclusion has been drawn are as: No Significant deference of Therapeutic exercise and Health-Related Fitness Programme was found on Heart Rate of physiological efficiency of young adults.

2. Significant deference of Therapeutic exercise and Health-Related Fitness programme was found on physiological efficiency with respect to Respiratory rate among young adults.

3. Therapeutic exercise and Health-Related Fitness programme was found on physiological efficiency with respect to Respiratory rate among young adults reduce the Respiratory rate.

4. Therapeutic exercise was more beneficial to reduce respiratory rate as compared than Health-Related Fitness programme.

5. Insignificants deference of Therapeutic exercise and Health-Related Fitness Programme on B H C (inspiration) of physiological efficiency of young adults was found.

6. Significant deference of Therapeutic exercise and Health-Related Fitness Programme on B H C (Expiration) of physiological efficiency of young adults was found.

7. Therapeutic exercise and Health-Related Fitness programme on Breath holding capacity increase the capacity of B H C (Expiration).

8. Therapeutic exercise was more beneficial to enhance the B H C (Expiration) as compared to Health-Related Fitness programme on B H C. In other words Therapeutic exercise as greater significant for improve the B H C as compare than Health-Related Fitness programme among young adults.

9. Significant difference of Therapeutic exercise and Health-Related Fitness Programme on Systolic Blood pressure of physiological efficiency of young adults was found.
10. Therapeutic exercise and Health-Related Fitness programme on physiological efficiency were beneficial to control the systolic blood pressure.

11. Health-Related Fitness programme was more beneficial to control systolic blood pressure as compared than Therapeutic exercise. In other words Health-Related Fitness programme as greater significant for control systolic blood pressure as compared than their counter parts among young adults.

12. Insignificant differences of Therapeutic exercise and Health-Related Fitness Programme on physiological efficiency with respect to Diastolic Blood pressure among young adults.

13. Insignificant differences of Therapeutic exercise and Health-Related Fitness Programme on Health Status of Health Outcomes of young adults was found.

14. Insignificant Effects of Therapeutic exercise and Health-Related Fitness Programme on Rate of Health of Health Outcomes of young adults was found.

15. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Activities of Health Outcomes of young adults was found.

16. Insignificant deference of Therapeutic exercise and Health-Related Fitness Programmes on Problem of Regular daily Physical Health of Health Outcomes of young adults was found.

17. Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Emotional Problem of Health Outcomes of young adults was found.

18. Therapeutic exercise and Health-Related programme may solve them to Emotional Problem among young adults.

19. Therapeutic exercise more effective to reduce emotional problem as compared than Health-Related Fitness programme. In other words, Therapeutic exercise greater way to reduce emotional problem than Health-Related fitness programme.
20. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Health Normal Social Activity of Health Outcomes of young adults was found.

21. Significant difference of Therapeutic exercise and Health-Related Fitness Programme on Level of Body Pain of Health Outcomes of young adults was found.

22. Therapeutic exercise and Health-Related Fitness programme reduce the level of body pain of young adults.

23. Health-Related fitness programme was more beneficial to reduce level of body pain as compared than Therapeutic exercise. That means Health-Related fitness programme great mean to reduce level of body pain.

24. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Pain with Normal work of Health Outcomes of young adults was found.

25. Significant difference of Therapeutic exercise and Health-Related Fitness Programme on Health Outcomes with respect to Level of Feeling among young adults was found.

26. Therapeutic exercise and Health-Related Fitness programme affected on Level of Feeling among young adults.

27. Health-Related Fitness Programme was more effective to enhance the level of feeling.

28. Therapeutic exercise decreases the level of felling with respect to Health Outcomes.

29. No Significant Effects of Therapeutic exercise and Health-Related Fitness Programme on Problem of Interfered Social Activities of Health Outcomes of young adults was found.
**Recommendation**

After completion of research the investigator has thought of various related problems which may be selected for further research work. Findings of this study may serve as a guideline for research workers in the field of Exercise Physiology, Different therapy, Sports Medicine, Sports Sciences and Physical Education.

The findings of the present research would lead to the following recommendations:

1) This research may inform policies and practices designed to improve student's health and improve learning, academic performance, Health outcomes and retention. Ultimately, the findings will increase the number of qualified physical education teacher sports trainers, and enhance the quality of health care. Therefore, this study will provide significance to both theory and practice in human being.

2) The findings of this study will be implication for health professionals working for the enhancement for the health in Nation. It will provide empirical validation of differences in the Therapeutic exercise health- related fitness of sedentary and non-sedentary students. As health professionals become aware of these differences, they will be better able to structure prevention and treatment programmes for unfit person.

3) This study will add to the body of knowledge regarding importance of Therapeutic exercise and health-related physical fitness.

4) The studies will also implication on academic performance needs to examine the within-group variability of students and provide more detailed information on health-related fitness.

5) It will also be imperative to explore the relationships among fitness and students' time management behaviours, coping mechanisms, and support structures and how these factors might vary in different students.

6) This will also investigate the impact of gender role expectations on perception and reactions to academic stress and health outcomes.
7) It will also recommended that Therapeutic exercise and health-related fitness programme in the physical education schedule have beneficial effects in on the improvement of cardio-vascular of human being, besides this, it may be also suggested that trainees get experience in their occupation, be happier and this is important to improve their knowledge owing to communicating mutually. In this perceptive, physical fitness make education more active and effective in physical education colleges that educate students in movement basis.

8) Physical educator and Sports trainers should give the focus cum health-related strategies to reduce health-related physical fitness problems among sedentary students.

9) This research will provide valuable information for a better understanding of Therapeutic exercise and Health-related physical fitness components on sedentary students and general people

10) This study will provide guide line to physicians and physical educationist sports trainers that how to improve Health-Related physical fitness among Human being.

11) A similar study could be done on female sedentary students of different Colleges and Universities.

12) A similar study could be done on different age group sedentary students of different Colleges and Universities.

13) A similar study could be done on sedentary people.

14) Further study could be conducted taking into consideration sex difference, Experience and age difference.

15) Study could be conducted to compare physiological and psychological variables of other games Players also.

16) This research will provide valuable information for a better understanding of physical education training programme.
17) This study will provide guide line to physicians and physical education teacher for improvement of physical education training programme among sedentary students.

18) This research recommends that, by using walking, jogging, squat thrust and side step jumps exercises we can improve Cardio-vascular or Cardio-Respiratory Endurance of a sedentary student.

19) The Findings of this study will be implication for health professionals working with sedentary students. It will provide empirical validation of differences in the health-related fitness of sedentary and non-sedentary students. As health professionals become aware of these differences, they will be better able to structure prevention and treatment programmes for unfit students.

20) This study will add to the body of knowledge regarding health-related physical fitness.

21) The studies will also implication on academic performance needs to examine the within-group variability of students and provide more detailed information on health-related fitness It will also be imperative to explore the relationships among fitness and students’ time management behaviours, coping mechanisms, and support structures and how these factors might vary in different students.

22) This will also investigate the impact of gender role expectations on perception and reactions to academic stress and health outcomes.

23) It will also recommended that Therapeutic exercise in the physical education schedule have beneficial effects in on the improvement of cardio-vascular of sedentary students, besides this, it may be also suggested that trainees get experience in their occupation, be happier and this is important to improve their knowledge owing to communicating mutually. In this perceptive, physical fitness make education more active and effective in physical education colleges that educate students in movement basis.
24) Physical educator and Sports trainers should give the focus cum Therapeutic exercise health-related strategies to reduce health-related physical fitness problems among sedentary students.

25) This research will provide valuable information for a better understanding of physical education training programme on sedentary students and general people.

**Implication for further research**

This doctoral research can great contribute to future work in the field of sports sciences, health sciences, kinesiology, physiology, Physical education sports medicine to be of great use and importance to the sportsperson, physiotherapist, doctors and physical educationist as the same can be utilized in formulating the modalities in putting their knowledge acquired through devoted scientific investigations, analysis and interpretation of findings to use of all sports person. The results of this study may also help to contribute the prevention and reduction of injuries among football players. This research may inform policies and practices designed to improve the awareness in volleyball players, coaches and physical educationist regarding the ill effects of injuries on sport performance, Results from this study could be useful for policymakers, coaches' sportsperson and physical educators as they work to construct programmes and policies regarding maintaining good health in the country. Having a clearer understanding of how sportsperson perform themselves in a sports competition, within a national context, It may also contribute to help the physical Educators, doctors, physiotherapist and coaches to know about the importance of correct technique thereby avoid the occurrence of injuries to human being and ensuring the peak for health. It may also provide insight to related experts will know about the benefit psychological and physiological characteristics for performance in predicting success of volleyball players. The results of the study would add further scholarly knowledge to the existing literature of sports medicine and sports sciences. Finally, this research may contribute to provide expertise guidance for a unique understanding of Therapeutic exercise and Health-Related physical fitness.