CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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5.0 Summary

Physical activity is an invaluable asset for human life and the need of the hour as it has multiple vitamins for human growth and healthy survival. People’s attitude towards participation in physical activities is not a positive one. Instead, they consider it a burden and so are lethargic in this regard. In some cases, though they have a positive approach towards the need for physical activities, because of the ever changing human occupations of this competitive world, they postpone their participation in physical activities. They use grounds such as lack of time for participation and social and economic issues. However, physical activities are a basic need for healthy existence. Hence, it is necessary to find a remedy for these crises and to motivate people towards participation in physical activities by identifying the physical activities that are most feasible in terms of easy adaptability, consumption of minimum time, freedom from injury and an activity for both body and mind. Having such a positive thought, the investigator has to study the effect of yogic exercises as the alternate to aerobic forms such as outdoor activities like walking, jogging, cycling and running in addition to resistance exercises on health related physical fitness and physiological aspects. With this perspective, the present study has been carried out titled, “Effects of varied combination of aerobic exercises, yogic exercises and resistance training on health related physical fitness components, body composition and selected physiological variables of engineering college students.”
5.1 Results

The results derived from the study are as follows:-

1. No difference was observed between the two different aerobic training with resistance training and yogic exercises with resistance training on flexibility, abdominal muscular strength and endurance, cardio-respiratory endurance, lean body mass, heart rate and diastolic blood pressure after twelve weeks training period,

2. Aerobic training with resistance training group has significant improvement on maximum volume of oxygen consumption and significant reduction on percent body fat as compared to the yogic exercises with resistance training, and

3. Yogic exercises with resistance training group has significant reduction on systolic blood pressure as compared to the aerobic training with resistance training.

5.2 Conclusions

Results of the present study explain clearly that in most variables such as flexibility, abdominal muscular strength and endurance, cardio respiratory endurance(physical), lean body mass(body compositional indices), heart rate and diastolic blood pressure, two different aerobic training with resistance training and yogic exercises with resistance training produced similar effect. Having these results, it was concluded that those who cannot avail the facilities to undergo aerobic form of exercises such as jogging, running and walking and cycling, can prefer yogic exercises as the best alternative to aerobic exercises to develop physical and physiological related fitness.
5.3 Future Work

1. The present study concentrates on students belonging to engineering profession on finding the effects of varied combinations of physical training module using aerobic training, yogic exercises and resistance training on development of health related physical fitness components. Hence, in future, the same study can be conducted using other professionals, namely, those in medicine and agricultural and life sciences,

2. As the aim of finding the alternate means for physical training, the results of yogic exercises with resistance training confirms similar effect on the development of health related physical fitness and physiological variables with the experimental group of aerobic exercises with resistance training, the same study can be conducted on changes on metabolic rate and pulmonary variables,

3. The present study is concerned with male students. Hence, the same study can be extended to the female students,

4. In addition to health related physical fitness components, in measuring the changes due to the effect of yogic exercises with resistance training, the present study can be extended to the psychological and sociological variables, to show how the yogic exercises influence development of these aspects,

5. As the motives of an individual is a source for successful learning in event participation, a study can be conducted on motives for exercises to participate among professional college students, both men and women, and

6. The same study can be conducted on professional workers with varied age categories to show how the combination of yogic exercises with resistance training significantly influence variables related health physical fitness.
5.4 Suggestions

Based on the results of the present study the following suggestions are made:

1. Yogic exercises with resistance training is producing similar effects on health related physical fitness components, as in the case of aerobic exercises with resistance training. Professional college students can implicate this into their regular working schedule overcoming pitfalls with respect to field infrastructure,

2. As health is the basic means for human survival and a mode to success in any activity, either physical related or mind related, yogic exercises can be implicated into regular syllabi and hour can be assigned twice a week, and

3. As yogic exercises with resistance training produce positive results on health related physical fitness components, with the minimum consumption in relation to time and space infrastructure, government and non-government organizations can initiate these programmes during the working hours and promote health.