Chapter V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

For this study, sixty men students were selected at random from the Scott Christian College, Nagercoil, were selected as subjects and the age of the subjects ranged from 17 to 25 years. The selected subjects were divided into four groups of fifteen subjects each namely three experimental groups and a control group. The Group I underwent endurance training and Group II underwent Yogic practice and Group III underwent combination of Yogic practices and Endurance training for duration of twelve weeks with three days per week and Group IV acted as control group.

The criterion variables selected for this study were cardio respiratory endurance, flexibility, muscular endurance, resting heart rate, blood pressure and breath holding time. The selected variables were assessed prior to and immediately after the training period by using the standardized test items.

Cardio respiratory endurance was assessed by 12 minutes run/walk, flexibility was measured by sit and reach test,
muscular endurance was assessed by one minute bent knee sit-ups, resting heart rate, blood pressure and breath holding time were assessed by radial pulse method, sphygmomanometer and nostril clip method respectively.

The experimental design used in this study was pre and post test random group design involving 60 subjects who were divided at random into four groups of fifteen each. The data collected from the four groups before and after the experimental period were statistically examined for significant improvement by dependent 't' test. Sixty subjects were divided at random and assigned into four groups of fifteen each. No attempt was made to equate the groups in any manner. Hence, to make adjustments for difference in the initial means and to test the adjusted post test means for significant differences among the groups, the analysis of covariance (ANCOVA) was used. Whenever the 'F' ratio for adjusted post test means was found to be significant, the Scheffe's test was followed as a post hoc test to determine which of the paired means difference was significant. In all the cases 0.05 level was fixed as significant level to test the hypothesis.
Conclusions

From the analysis of the data the following conclusions were drawn.

1. Endurance training group significantly improved the selected physical and physiological variables of soccer players such as cardio respiratory endurance, flexibility, muscular endurance, resting heart rate, blood pressure and breath holding time.

2. Yogic practice group significantly improved the selected physical and physiological variables of soccer players such as cardio respiratory endurance, flexibility, muscular endurance, resting heart rate, blood pressure and breath holding time.

3. Combination of Yogic practice and endurance training group significantly improved the selected physical and physiological variables of soccer players such as cardio respiratory endurance, flexibility, muscular endurance, resting heart rate, blood pressure and breath holding time.

4. Control group did not improve all the dependent variables such as cardio respiratory endurance, flexibility,
muscular endurance, resting heart rate, blood pressure and breath holding time.

5. There was significant difference among the endurance training, yogic practice and combination of Yogic practice and endurance training groups in improving the selected dependent variables such as cardio respiratory endurance, flexibility, muscular endurance, resting heart rate, blood pressure and breath holding time.

6. Combination of Yogic practice and Endurance training group was found to be better in improving all selected independent variables such as cardio respiratory endurance, flexibility, muscular endurance, resting heart rate, blood pressure and breath holding time when compared to the Yogic practice and endurance training groups.

**Recommendations**

1. In the present study, it was concluded that the selected physical and physiological variables were improved by combination of endurance training and yoga training. Hence it is recommended to the coaches, trainees and
physical educators to adopt these findings to improve motor ability and physiological variables.

2. Endurance training and Yogic practices may be strongly recommended for the improvement of physical fitness of adults.

3. Endurance training and Yogic practices may be included in fitness programmes of adults.

4. Similar studies may be undertaken by performing different types of training methods.

5. A similar study may be conducted by selecting psychological variables as criterion variables.

6. A similar study may be attempted by selecting the state or national level athletes or players as subjects.

7. A similar study may be conducted on female subjects.