CHAPTER V

Summary, Conclusion and Recommendations
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SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the influences of floor aerobics, step aerobics and combined training on motor fitness, physiological and biochemical variables of women students. To achieve the purpose of the present study, one hundred and twenty women students from the colleges in Chennai, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 22 years. The subjects were divided into four equal groups of twenty each. Group I acted as Experimental Group I (Floor aerobics training), Group II acted as Experimental Group II (Step aerobics training), Group III acted as Experimental Group III (Combined training) Group IV acted as and Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study.

The study was formulated as a true random group design, consisting of a pre-test and post-test. One hundred and twenty women students from the colleges in Chennai, Tamilnadu, India was selected as subjects at random and their ages ranged from 18 to 22 years. The subjects (N=120) were randomly assigned to four equal groups of twenty subjects each. Pre test was conducted
for all the subjects on selected motor fitness and performance variables. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II, Experimental Group III and Control Group in an equivalent manner. Experimental Group I was exposed to floor aerobics training, Experimental Group II was exposed to step aerobics training, Experimental Group III was exposed to combined training and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the subjects were tested on their motor fitness, physiological and biochemical variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the ‘F’ ratio for adjusted test was found to be significant; Scheffe’s post hoc test was used. In all cases 0.05 level of confidence was fixed to test hypotheses.

5.2 CONCLUSIONS

From the analysis of the data, the following conclusions were drawn:

1. The floor aerobics training had shown significant improvement in all the selected motor fitness variables among women students after undergoing floor aerobics training for a period of twelve weeks.
2. The floor aerobics training had shown significant improvement in all the selected physiological variables among women students after undergoing floor aerobics training for a period of twelve weeks.

3. The floor aerobics training had shown significant improvement in all the selected biochemical variables among women students after undergoing floor aerobics training for a period of twelve weeks.

4. The step aerobics had shown significant improvement in all the selected motor fitness variables among women students after undergoing the step aerobics for a period of twelve weeks.

5. The step aerobics had shown significant improvement in all the selected physiological variables among women students after undergoing the step aerobics for a period of twelve weeks.

6. The step aerobics had shown significant improvement in all the selected biochemical variables among women students after undergoing the step aerobics for a period of twelve weeks.

7. The combined training group had shown better performance on motor fitness, physiological and biochemical variables among women students than the other groups.
5.3 RECOMMENDATIONS

5.3.1 Recommendations for implication

1. The results of this research study clearly indicate that floor aerobics and step aerobics could enhance the performance of women students in almost all the selected motor fitness, physiological and biochemical variables. Hence it is recommended to give due importance to practice floor aerobics and step aerobics regularly.

2. It is also recommended that all the women students should have knowledge about the combination of floor aerobics and step aerobics.

5.3.2 Recommendations for future researches

1. A similar study may be conducted men students to assess their level in the selected variables.

2. A similar study may be conducted on different game and sports.

3. A similar study may be conducted in greater detail to assess changes on psychological and physical fitness variables.

4. To find out the improvement on criterion measures periodically, the same study may be designed with repeated measures.