CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to investigate the Effect of Yogic Exercise on Health Related fitness components namely Cardiovascular Endurance, Muscular Strength, Muscular Endurance Flexibility and Body Composition. The 16 weeks of yogic Exercises training was given for 60 Women Subjects. Before the Yogic Exercises training the researcher conducted pre test performance on Health Related fitness. Soon after the completion of 16 weeks yogic Exercises training post test Health Related fitness performance was measured. The results of post test performances of all the Components of Health Related fitness indicated significant improvement.

Conclusions

- Sixteen weeks of Yogic Exercises training has shown significant improvement on Health Related Fitness of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Cardiovascular Endurance of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Muscular Strength of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Muscular Endurance of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Flexibility of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Body Composition of subjects.
Recommendations

On the basis of Result of the study the following Recommendations were drawn.

- The Result of the study may help the Physical Education Teachers to improve the Health Related Fitness components.
- Coaches / Trainers can utilize the outcome of the study for their training programme.
- For the development of Health Related fitness Performance of Yogic Exercises training programmes may be included in the Physical Education Curriculum.
- Continuous and regular Yogic Exercises programme, in an organized manner, has to be suggested for the occasional participant to obtain desired results in their physical fitness.
- The same study may be conducted on rural area students.
- The same study may be conducted on National and International athletes.
- The study may be conducted on boys in the same age group.
- On the different age group the same study may be conducted.
- The same study may be replicated with longer duration, different intensities of the training other than mentioned in the present study.
- Similar study may be conducted on other Physical, Physiological and psychological variables.