

THE IMPACT OF AEROBIC DANCE ON AGILITY OF COLLEGE STUDENTS

Dr .J.V.Sasireka

Principal i/c

Sri Sarada college of Physical Education,
Salem-16.

ABSTRACT

The purpose of this research was to find out the impact of eight weeks aerobic dance on agility of College Students. To achieve their purpose of the study, 30 girls were selected as subjects at random from, Sri Sarada College for women, Salem and their ages ranged from 18 to 21 years. For the present study consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of eighteen each and named as Group 'A' and Group 'B'. Group 'A' underwent aerobic dance training and Group 'B' underwent no training. Agility was assessed by Semo Agility test items. The collected data before and after training period of 8 weeks on the above said variables due to the effect of aerobic dance was statistically analyzed with 't' test to find out the significant improvement between control group and experimental group. In this case, the criterion for statistical significance was set at 0.05 level of confidence. Result indicates that the eight weeks aerobic training had positive impact on agility of college students.

Key words: Aerobic Dance, Agility, college students, Training.

INTRODUCTION

Physical fitness and health are the integral part of human life. Fitness and wellness of person are correlated to each other. In fitness body proportion and composition are important parameters and which has roles relevance with health related fitness. Maintenance of physical fitness is needed of the day in human society. In this age of stress and tension, low level of fitness leads towards, the exposure of degenerative and psychosomatic disorders including other in effective suffering. A lot of people live with fitness myths, having their own concepts and theories of fitness and health when it comes to fitness there are many that believe strongly in the dictum 'ignorance is bliss'.

Aerobic dance is the fitness sport that combines the health and figure benefits of jogging with the fun of dancing. Aerobic dancing is a fun way to get fit. It combines fat burning aerobic movements, muscle building exercises and stretching into routines that are performed according to music. Aerobic dancing is challenging for college level girls. Aerobic dancing is a series of callisthenic exercise movements, accompanied by music, the use of music is a technique of motivation that has been increased in recent years. Aerobic dance is essential to a healthy cardiovascular system. Briefly, aerobic dance is an activity that can be sustained for an extended period of time without building and oxygen debt in the muscles. It is a type of dance that overloads the heart and lungs and causes them to work harder than they do when a

person is at rest. Aerobic literally means “with air”. Aerobic dance is the type of activity in which the amount of oxygen taken in equal to the amount of oxygen required.

Agility or ability to move quickly by changing in direction or position enhances the performance in a variety of sports activities, such as dancing, walking on ice covered sidewalks and are enhanced by the adequately developed due of agility. (Wayne and Payne, 1986)

REVIEW OF RELATED LITERATURE

Ravindara.,(2014)analysed the effect of step aerobic programme on leg strength and agility among women students. To achieve this purpose, 20 women students were randomly selected as subjects from the Department of Physical Education and sports sciences, Annamalai University studying in various classes. The age of the subject were ranged from 18 to 23 years. The subjects were further classified as random in to two equal groups-1 underwent step aerobicprogramme for three days per a week for eight weeks and group -11 acted as control who were not undergo any special training programme. The selected criterion variables such as leg strength and agility were assessed before and after the training period. The collected data were statistically analysed by using Analysis of Co- Variance. From the results of the study it was found that there was a significant improvement on leg strength and agility for step aerobic group when compared with the control group.

METHODOLOGY

The main purpose of the study was to see the impact of aerobic dance on agility of College Students.For the present study the 30 girls were selected as subjects at random from, Sri SaradaCollege for Women, Salem and their ages ranged from 18 to 21years. For the present study consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of eighteen each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent aerobic dance training and Group ‘B’ underwent no training. Agility was assessed by Semo Agility test items. The collected data before and after training period of 8weeks on the above said variables due to the effect of aerobic dance was statistically analyzed with ‘t’ test to find out the significant improvement between control group and experimental group. In this case, the criterion for statistical significance was set at 0.05 level of confidence.

Table - 1

Table Showing that Computation of t – ratio of Aerobic Dance on Agility between Control Group and Experimental group

AEROBIC DANCE ON AGILITY	N	M	SD	t – value	S /NS
Control Group	30	14.22	1.08	14.15**	S
Experimental Group	30	10.54	0.89		

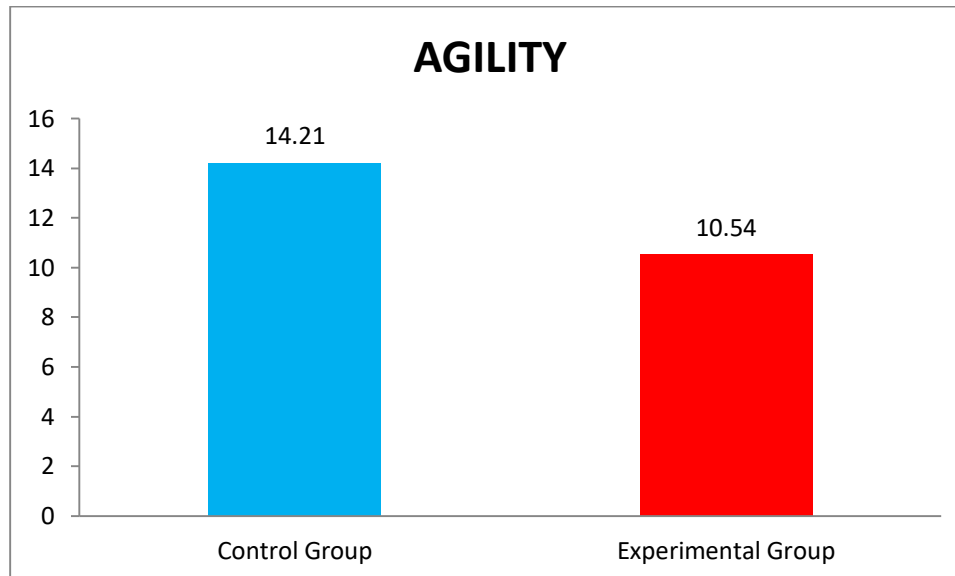
** Significant at 0.05 Level

Table 2 shows that the means of control and experimental group of agility are 14.22 and 10.54 respectively. The obtained t value on agility was 14.15, which was higher than the table value required to significant

with df 29 were 2.045. It is found that the mean gain in agility is statistically significant at 0.05 level of confidence. Hence it is inferred that there was significant mean differences on agility of college students.

Figure - 1

Bar diagram Showing that Computation of t – ratio of Aerobic Dance on Agility between Control Group and Experimental group



CONCLUSION

The analysis indicates that there was significant mean differences on agility of college students. From this result also indicates that the eight weeks aerobic training had positive impact on agility of college students.

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