INFLUENCE OF AEROBIC DANCE ON SPEED OF HIGH SCHOOL BOYS

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ABSTRACT

The purpose of this research was to investigate the influence of eight weeks aerobic dance on speed of High school boys. To achieve this purpose thirty high school boys were randomly selected as subjects from Sri Ramakrishna Vivenkanda Higher Secondary school, Thirupuvanavasal. The subjects age group ranged from 12 to 14 years as per their school records. The study was formulated as a single group pre- post design. The selected subjects were performed aerobic dance daily except Saturday and Sunday in a systematic manner for eight weeks in the evening session. Speed was assessed by 50 Yard Dash test items. All the subjects were tested before and after the experimental treatment on speed. The pre- test was conducted on speed before and the post test was conducted after the experimental treatment of training programme. Data were collected from each subject before and after 8 weeks of aerobic dance. The collected data were statistically analysed by using ‘t’ test. It was found that there is significant improvement in speed due to the treatment of aerobic dance training.

Key words: Aerobic Dance, Speed, high school boys, Training.

INTRODUCTION

A sport is one of the powerful and a popular medium that helps every one life span and sanity. Man’s life span is being determined by many factors among which physical activity stand a talk, social status, economical status and health status have been improved through taking part in various competition being obtained by recognised bodies, sports bind people from different walks despite caste, creed and religion. Taking part in sports and doing exercises helps us to be free from diseases. Personality development, level of anxiety and other psychological factor are developed by taking part in physical activity.( Muthu kumar, 2007)

The field of physical education fitness and sports are becoming challenging than ever before. The directors/physical education teachers with management training are constantly look/ out for managing programme effectively at schools, colleges as well as universities.( Samiran Chakriborty, 1998)

The components of fitness are on speed, agility and strength endurance. Speed is the quickness of movement of limb. Whether, it is the legs of the runner or the arms of the player. Speed is an integral part of every sport and can be expressed as anyone or combination of the maximum speed of explosive strength (power) and speed endurance. Speed is the ability of an individual to perform successive movement of the same pattern at
a fast rate or even on single movement. It can be improved by practice of the co-ordinated movements and by learning proper technique. (Barrow and McGee, 1991)

REVIEW OF RELATED LITERATURE

Annapoornamma (2014) studied the effect of physical exercise on speed and strength. To achieve this purpose 30 students studying in Sri Kumarans Public school, Bangalore. The samples were randomly selected as a subject. The following physical exercises were selected for giving three months training for 30 subjects. Criterion variable speed were selected and measured by using 50mtr run. It was used for pre-test and post-test. The result of all performance components of post-test indicates improvement in speed. It shows the effect of three months physical exercise training. On the basis of the study and with the limitation, the physical exercises training programme develops speed.

METHODOLOGY

The purpose of the study was to investigate the influence of aerobic dance on speed of high school boys. To achieve the purpose 30 higher secondary school boys were randomly selected in Sri Ramakrishna Vivenkanda Higher Secondary school, Thirupuvananasal. The subjects age group ranged from 14 to 16 years as per their school records.

The study was formulated as a single group pre-post design. The selected subjects were performed aerobic dance daily except Saturday and Sunday in a systematic manner for eight weeks in the evening session. Speed was assessed by 50 Yard Dash test items. All the subjects were tested before and after the experimental treatment on speed. The pre-test was conducted on speed before and the post test was conducted after the experimental treatment of training programme. Data were collected from each subject before and after 8 weeks of aerobic dance. The collected data were statistically analysed by using 't' test. The level of confidence was fixed at 0.05 level.

RESULT & DISCUSSION

The objective of the paired ‘t’ ratio was to describe the differences between the pre-test and post-test mean among high school boys.

<table>
<thead>
<tr>
<th>Aerobic Dance on Speed</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>t - value</th>
<th>S/NS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>30</td>
<td>11.17</td>
<td>1.10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post-test</td>
<td>30</td>
<td>7.64</td>
<td>0.54</td>
<td>16.04*</td>
<td>S</td>
</tr>
</tbody>
</table>

**Significant at 0.05 Level

Table 1 shows that the means of pre and post-test on speed are 11.17 and 7.64 respectively. The obtained t value on speed was 16.04, which was higher than the table value required to significant with df 29 were 2.045. It is found that the mean gain in speed is statistically significant at 0.05 level of confidence. From of result of the present study, it is speculated that the observed changes in speed may properly designed aerobic dance training which are suitable for boys at high school level.
CONCLUSION

It was concluded that 8 weeks aerobic dance significantly improved the speed of the high school boys. Aerobic dance is one among the most appropriate means to bring about the desirable changes over motor fitness variable speed. According to results of this study it is possible to say that to improve speed by improving balance and flexibility performance, eight weeks of step aerobic dance is a useful training model for high school boys.

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