

# Study the Effect on the Flexibility of Simple Game and Rhythmic Exercises

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**Abstract :** The purpose of this research study was to study the effect on the flexibility of simple sports and rhythmic exercises. In this study, SDJ international College, Vesu students were selected as subject matter. The subjects in this research study were divided into three groups. 30 students will be placed in simple games, 30 students in rhythmic exercises and 30 students in a controlled group. Thus a total of 90 students were selected. Students in the age group of 18 to 25 years will be selected in this study. The subjects in this research study were given 12 weeks of training. Flexibility in the measurement scale was measured by the seat and reach test. The differences between the mediators applied by the 'F' ratio (ANCOVA) on the data obtained from the two experimental groups and one control group will be validated at level 0.05. Twelve (12) weeks of systematic sports training and a rhythmic exercise training program showed a significant improvement in the flexibility of the selected subjects.

## Introduction:

Sport has been a part of human life since ancient times. In Human origin the main and major movements have been the hands, feet and back. With the feet he walks, runs, jumps, swims and slides through the abdomen, with his hands he grabs, throws, pulls and pushes things. From the back it turns right or left and forward and backward as well as down and the waist rotates the body forward, All these movements, which are necessary for his life, it cannot be accomplished without the various attempts to obtain food and escape from the enemy. Horses in the form of muscles which are driven by brains and thus the chariot of the human body moves. All of these motions are as old as mankind and have been fixed in human life, so children and youngsters love to play sports. Playing sports is fun for children and adolescents and helps them develop their bodies. Thus slightly understandable. Sports are essential for a child's physical development and social development.

Any activity that a person do voluntarily without any kind of external pressure or expectation of revenge that is called a game. Sport is a specialty of a living creature which played in every age and in every country. Birds sing and run to catch each other, and small puppies and kittens playing with each other. The cubs jump and imitate, what they see. Through all this, living beings satisfy with their inner demands and instincts.

From ancient times the primitive man or early man has been engaged in activities like running, jumping, throwing, snatching, climbing, laughing, crying, hitting, bathing, showing his superiority etc, to meet the needs of his life. in ancient times these tendencies were largely satisfied by the various activities of human beings to meet the necessities of life. According to primitive man they are much more advanced in terms of equipment, skills and tactics than human games. Developments of game and to achieve the expectation skills they do Simple games and activities like simple, big, relay, instrument exercises which are very useful for them.

## The purpose of the study

The purpose of this research study was to study the effect on the flexibility of simple game and rhythmic exercises.

## Choice of subjects

In this study, SDJ international College, Vesu students were selected as subject matter. The subjects in this research study were divided into three groups that are: 30 students will be placed in simple games, 30 students in rhythmic exercises and 30 students in a controlled group. These way the total of 90 students were selected. In this study the age group of 18 to 25 years students will be selected. The subjects in this research study were given 12 weeks of training.

## Standards of measurement

No.	Variable	Test	Measurement
1	Flexibility	Seat and Reach Test	Centimetre

## Statistical process

The differences between the mediators applied by the 'F' ratio (ANCOVA) on the data obtained from the two experimental groups and one control group will be validated at level 0.05.

## Result of the Study

Table – 1

### Means and Analysis of Covariance of Flexibility Test for Simple Game Training, Rhythmic Exercise Training and Controlled Group

Test	Group			Variation covariance analysis				
	Simple game Training	Rhythmic exercise Training	Controlled		Sum of square (SS)	Degree freedom (df)	Mean sum of square (MSS)	F
Per test Mean	5.669	5.535	5.735	A	4.022	2	2.011	0.518
				W	420.600	87	4.834	
Post test Mean	8.769	8.202	6.834	A	56.867	2	28.433	6.609*
				W	386.033	87	4.437	
Adjusted Mean	8.920	8.241	6.744	A	73.844	2	36.922	16.880*
				W	202.507	86	2.355	

\*Sig.Level at 0.05(2,87) = 3.101 & (2,86) = 3103.

The 'F' ratio of the pre-test mediums of flexibility test performance was found to be 0.518 in Table-1 above. According to table value not found to be meaningful at the level of (3.101) 0.05 compared. The median of the final test of all the three groups was found to have an 'F' ratio of 6.609. Which was found to be meaningful at the level of (3.101) 0.05 compared to the table value. Therefore, the training given proves that the appearance of the subject matter has improved significantly. Also the 'F' ratio of the revised median was found to be 16.880. Which was found to be meaningful at the level of (3.103) 0.05 compared to the table value. The difference between the three groups observed between the mediators modified by the 'F' ratio is significant. To see the significance of the differences between the improved final mediums and which group in the Simple game Training Group and the Rhythmic Exercise Training Group has been the most effective Significance depends on the size of the problem, with the difference between the two. Which is shown in Table-2.

Table-2

**Means and Least Significant Difference of Flexibility Test for Simple Game Training, Rhythmic Exercise Training and Controlled Group**

Mean			Mean Different	Critical Different
Simple Game Training	Rhythmic Exercise Training	Controlled		
8.920	8.241		0.679	0.889
8.920		6.744	2.176*	
	8.241	6.744	1.497*	

\*Sig.Level at 0.05

In above Table No. 2 the simple game training group showed significant improvement (2.176) level. Then the rhythmic exercise training group (1.497) showed improvement. The experimental fitness of the Simple game Training Group and the Rhythmic Exercise Training Group showed a more meaningful effect of the training given to the Simple game Training Group. Compared to the control group, both experimental groups had a significant effect of experimental fitness in the simple game training group and the rhythmic exercise training group. Significant effect of experimental fitness was not observed between the two experimental groups. But the effect of experimental fitness was observed on both experimental groups compared to the control group.

### Conclusion

- Twelve (12) weeks of systematic sports training and a rhythmic exercise training program showed a significant improvement in the flexibility of the selected subjects.

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