



EFFECT OF CALISTHENICS EXERCISES ON MOTOR FITNESS VARIABLE OF SECONDARY SCHOOL GIRLS

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Abstract

The purpose of the study was to find out the "Effect of Calisthenics Exercises on Motor Fitness Variable of Secondary School Girls". Sixty Female subjects aged between 12 to 14 years were selected randomly. They were divided into two groups (Experimental and control group) the experimental group I was given Calisthenics Exercises for Six weeks and control group was not allowed to participate in any training programme. Pre-test was conducted dependent variables such as a Power at the beginning before the experimental treatment and post-test was taken after the experimental treatment. The data were analyzed by applying dependent mean and 't' test. The results revealed that the Calisthenics Exercises had significantly improved the Power.

Keywords: *Calisthenics Exercises, Power, Female Subjects.*

Introduction

The word calisthenics originates as of the antiquated Greek words kallos, which signifies "beauty" or "wonderful" (to underscore the tasteful delight that gets from the flawlessness of the human body), and stenos, signifying "quality" (extraordinary mental quality, fearlessness, quality and assurance). It is the specialty of utilizing one's bodyweight as obstruction so as to create constitution gymnastic activities to accomplish real wellness and effortlessness of development. Comprising of an assortment of gross engine developments-running, standing, getting a handle on, pushing, and so forth- regularly performed musically and with insignificant hardware, so basically, bodyweight works out. They are proposed to expand body quality, body wellness, and adaptability, through developments, for example, pulling or propelling oneself up, twisting, hopping, or swinging, utilizing just one's body weight for opposition; for the most part led working together with extends. Many consider workout as "development through space", which means you can move uninhibitedly with no confinement hindering your full quality. When performed overwhelmingly and with assortment, workout can give the advantages of strong and vigorous molding, notwithstanding improving psychomotor abilities, for example, equalization, aptitude and the executives. Normally called free hand practices for eg, Pushups, wide grip pushups, close grip pushups, pull ups, static holds, box plunge, triceps dip, wall spotted hand stand, planks, crunch, sit ups, hanging knee raise, squat without weight, lunge, bridge, calf raise squat push, plyometrics and so forth.

Hypothesis

- It was hypothesized that there would be a significant improvement between pre and post-test due to 6 weeks of Calisthenics Exercises on Motor Fitness Variable of Secondary School Girls
- It was hypothesized that there would not be a significant improvement between pre and post-test for control group on Motor Fitness Variable of Secondary School Girls.
- It was hypothesized that there would be a significant difference between experimental and control group on Motor Fitness Variable of Secondary School Girls.



Delimitations

- The following delimitations are considered in this study. 60 female on Secondary School Girls were selected randomly.
- The experimental group was given Calisthenics Exercises for a period of 6 weeks.
- The subject's age group ranged from 12-14 years.
- The study was restricted to Motor Fitness Variable such as a Power.

Methodology

The purpose of the study was to find out the “Effect of Calisthenics Exercises on Motor Fitness Variable of Secondary School Girls”. To achieve the purpose of the study 60 Secondary School Girls in the age group 12 to 14 years were selected at random from Shantiniketan High School in Vijayapura District of Karnataka. Selected subjects were divided in to two groups of experimental I and control group II. Experimental group I Calisthenics Exercises group for the training period Six weeks Six day per week. The control group were maintained their daily routine activities and no special training was given.

Selection of Variables

Callisthenic Exercises

- Squatting
- Dips
- High Knees
- Lunges
- Side Plank
- Cross Crunches
- Plank
- Bridge
- Plank
- Mountain Climber

Analysis and Interpretation of Data

The purpose of the study was to find out “Effect of Calisthenics Exercises on Motor Fitness Variable of Secondary School Girls”. To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the table.

Table 1: Showing the Pre-test and Post-test for Power performance

Variable	Group	Test	Mean	SD	t- Value
Power	Experimental Group	Pre-test	24.2603	2.84448	7.688*
		Post-test	33.2764	3.24084	
	Control Group	Pre-test	26.1468	2.37243	1.405
		Post-test	25.3146	2.66711	

The level of significant 0.05=Table value = 2.064



Table 1 Shows that the experimental group's mean performance value of Power of pre-test is 24.2603 and the post test is 33.2764 the post-test Power performance is more than pre-test Power performance and also the 't'- value is more than the table value. Hence it indicates significant development of Power. The control group's mean performance value of pre and post-test values are 26.1468 and 25.3146 respectively. The't'- value is less than the table value. Hence the pre and post-test values indicate insignificant.

Figure No.1. The Pre-test and Post-test for Calisthenics Exercises Experimental Group and Control Group on Power performance.

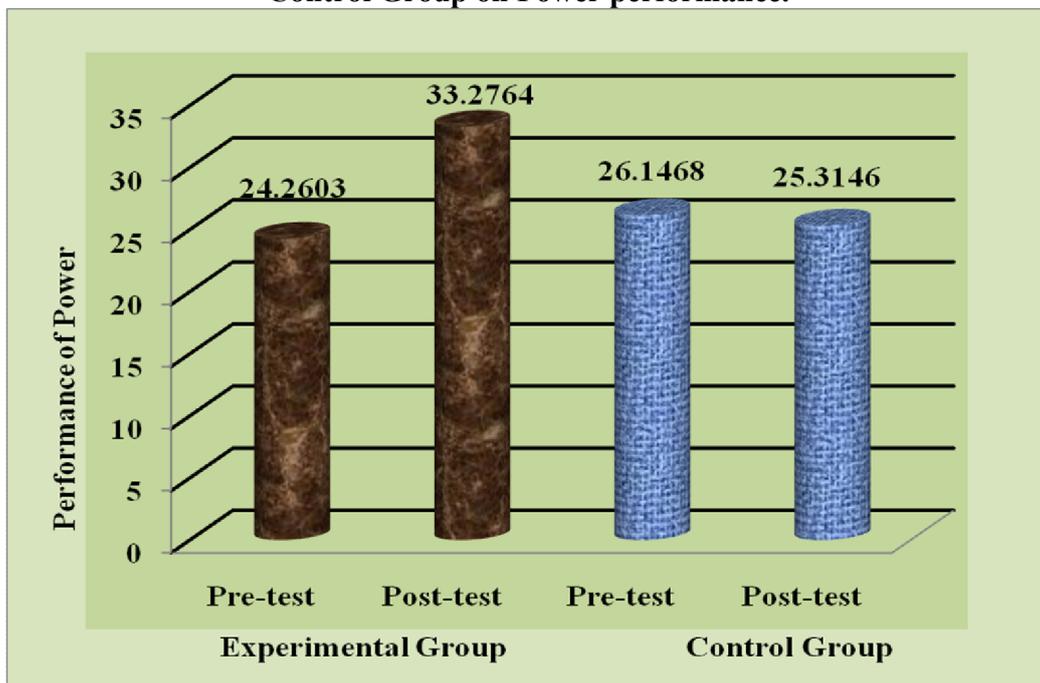


Figure1.(a) Indicates that the post test values of Experimental group significantly improved the performance of Power and also the post-test values of Power were more than the pre test values due to 6 weeks of Calisthenics Exercises. The Control group pre- test and post- test performance of Power shows no improvement.

Summary

The purpose of this study was to find out the “Effect of Calisthenics Exercises on Motor Fitness Variable of Secondary School Girls”. To achieve this purpose 6 weeks Calisthenics Exercises was given to selected female subjects. To know the Calisthenics Exercises development power performance.

Conclusion

The Power had development significantly for Calisthenics Exercises group when compared with the control group.



References

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