

- 4) Significant differences in achievements were found between Land-Based Training group and Water-Based Training group had significantly improved in Physiological variables such as Breath Holding Time, Respiratory Rate, Resting Pulse Rate, VO_2 Max and Vital Capacity.
- 5) The Water-Based Training group was found to have greater impact on the group concerned than the Land-Based Training group and Control group in enhancing the performance of Flexibility, Muscular Strength, Muscular Endurance, Cardio Vascular Endurance, Body Composition, Breath Holding Time, Respiratory Rate, Resting Pulse Rate, VO_2 Max and Vital Capacity.

5.3. Recommendations

Based on the findings of the present investigation the following recommendations are made:

- 1) The Middle-aged women may take necessary steps to improve the Health related Physical fitness variables and Physiological, variables by including the Land-Based and Water-Based Training programme in their lifeschedule.
- 2) Similar studies may be conduct on Middle aged Men for better evaluation.
- 3) A similar study may be conduct on Young aged subjects.
- 4) A similar study may be conduct on various working circumstances as subjects.
- 5) A similar study may be conduct for professional college student's subjects.