CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effects of aerobic rhythmic exercise and weight training on selected physiological, hematological, and kin anthropometric variables among college men obese students. Physiological, hematological, and kin anthropometric variables were dependent variables and a. Aerobic rhythmic exercise b. Weight training was taken as independent variables.

To facilitate this study (45) forty-five college men obese students from Dr..M.G.R University, Maduravoyal at Chennai were randomly selected as subjects. They were divided into three groups. Which were as follows:

a. **Experimental Group – I** - Aerobic rhythmic exercise

b. **Experimental Group - II** – Weight training

c. **Group 'C'** - (Control group, No training was provided).

The significance of the difference between the experimental groups I, II, and Group - III were found out by the pre-test and post-test. They were determined through analysis of covariance (ANCOVA). The adjusted post-test means were also computed by scheff's post hoc test. Thus the following results were obtained after the statistical analysis.

5.2 CONCLUSIONS

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion was drawn.

Within the above-mentioned scope of this study, the following conclusions are arrived as:

Both Experimental Group I and Group II (aerobic rhythmic exercise and weight training) showed significant improvement in the physiological, hematological, and kin anthropometric variables such as (Vo2 max, Resting Pulse Rate, Mean Arterial Pressure, Hemoglobin count, Red Blood Cells (RBC), White Blood Cells (WBC), Fat Mass, Lean Body Mass) among college men obese students. These results are observed to be better than the control group among college men obese students.

Between Experimental Group I and Group II (aerobic rhythmic exercise and weight training), Experimental Group I (aerobic rhythmic exercise) is a group that had a demonstrate better results on all the physiological, hematological, and kin anthropometric variables such as (Vo2 max, Resting Pulse Rate, Mean Arterial Pressure, Hemoglobin count, Red Blood Cells (RBC), White Blood Cells (WBC), Fat Mass, Lean Body Mass) than Experimental Group II (weight training) among college men obese students.

5.3 RECOMMENTATIONS FOR PRACTITIONERS/ GOVERNMENT

The following recommendations have been derived based on the study for practitioners.

1. It was found that Aerobic rhythmic exercise should be useful for college women obese students.

2. It was found the Weight training also should be useful for college women obese students.

3. It was found that the combination of both also Aerobic rhythmic exercise is more suitable than the Weight training for the college women obese students.

4. Aerobic rhythmic exercise and Weight training may be recommended for men and women for all other diseases for better treatment.

5. Aerobic rhythmic exercise and Weight training may be recommended for management as well as coping the fat mass and lean body mass.

6. Aerobic rhythmic exercise and weight training may be recommended for the improvement of the men and women for general health.

7. Aerobic rhythmic exercise and Weight training may be included as a part of all health centers and all schools for the benefits of health and overall development.

8. Men and Women may be encouraged aerobic rhythmic exercise for their children.

9. Aerobic rhythmic exercise and weight training may be included in the academic curriculum.

10. The Government may encourage aerobic rhythmic exercise by introducing various schemes on fitness for the betterment of society.

5.4. SUGGESTION FOR FURTHER RESEARCH

1. Similar study can be undertaken on other age groups of Aerobic rhythmic exercise &Weight training.

2. Similar study can be undertaken for college women obese students also.

3. Similar study can be undertaken for hypertensive, stressed and diabetic college men and women students also.

4. Similar study can be undertaken for rural and urban obese college students.

5. Similar study can be done for other ailments also.