

ABSTRACT

Title of the study:

Comparing Surya Namaskara and Circuit Training on muscular and cardiovascular endurance in high school children

Background:

Regular practices of Suryanamaskar significantly increases vagal tone and decreases sympathetic activity, vital capacity, resting heart rate, improve fitness and develops self-confidence. The practice of circuit training also well documented in the literature. This study compares the Suryanamaskar and circuit training on muscles endurance and cardiovascular endurance.

Aim:

To access the effect of Suryanamaskara and Circuit Training on muscular and cardiovascular endurance in high school children

Method:

Forty eight male volunteers, aged 13 to 15 were compared on Suryanamaskar (n=24) and circuit training (n=24) measuring muscles endurance and cardiovascular endurance. Both the groups were assessed before and after receiving the intervention for 30days, daily, 30 -35 minutes per day. Sit-up and Coper test were used to measure muscles endurance and cardiovascular endurance respectively.

Result:

The Baseline was matched for both the groups. In between group comparison a difference was observed for both the variable cardiovascular endurance ($p<0.001$) and in muscles endurance ($p<0.001$). In within group comparison both the groups showed significant improvement for both the variables but the percentage of changes was higher in yoga group muscular endurance (16.67%), cardiovascular endurance (26.37%) as compared to control group muscular endurance (13.30%), and cardiovascular endurance (18.40 %).

Conclusion:

This present study is suggested that the practice of suryanamaskara may be a better option to promote the physical health of adolescent.

Keyword:

School children, sit up, muscular, Surya Namaskara, circuit Training.