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EFFECTS OF SELECTED EXERCISE PROGRAMME ON FAT REDUCTION OF BICEPS

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ABSTRACT

The purpose of the study was to highlights the effect of different types of exercises programme on fat reduction of biceps. Before conducted the selected exercise programme, the investigator had a meeting with the subjects. The purpose of the study was explained to them so that there was no ambiguity among the students regarding the efforts they had to put the successful competition of the investigation. Selected exercise programme was conducted in the ground of lovely professional university. Lange Skin Fold caliper of standard pressure of was employed for measuring the fact thickness at specified areas. In particular, we will focus the discussion on the fat reduction of biceps with selected exercise programme. Forty obese girls were chosen for the present study. The present study was conducted on overweight or obese girls. Forty subjects were categorized in to two groups namely experimental and control. To study the effect of selected exercise programme on fat reduction 't' test was computed. On the basis of the result, it is accomplished that the Selected exercise Programme had significant impact in reducing the fat of the Subjects. The achievement of a negative energy and fat balance with physical activity also strongly depends on the nutritional context in which it is performed.

Keywords: fat reduction, exercise program, physical activity, over-weight, experimental

INTRODUCTION

As the computer machine power steering, power break and remotes have taken place of physical task those are making the population lazy and weaker. So now this time obesity (fat), diabetes, heart risk stress, depression and back point pains have increased. Sever overweightness leads to many chronic conditions that, taken together, make up the second leading cause of death in our country. "If an individual wants to reduce body fat his/her calorie expenditure should be more than energy in take. There are large number of methods to reduce excess body fat such a dieting, exercises and a combination of dieting and exercise." (Verma, 1994).

A person's weight is a result of many factors. These factors include environment, family history and genetics, metabolism (the way your body changes food and oxygen into energy), behavior or habits, and other factors. Certain things, like family history, can't be changed. However, other things—like a person's lifestyle habits—can be changed. Main causes of being overweight or obese are eating too much and/or not

being active enough. If you eat more calories than your body burns up, the extra calories are stored as fat. Everyone has some stored fat. Too much fat results in being overweight or obese. Other factors that may affect your weight include your genes (obesity tends to run in families), your metabolism (how your body processes food), your racial/ethnic group, and your age. Sometimes an illness or medicine can contribute to weight gain. Researchers are studying the causes of obesity to learn more about how to prevent and reverse it.

The terms overweight and obesity refer to a person's overall body weight and where the extra weight comes from. Overweight is having extra body weight from muscle, bone, fat, and water. Obesity is having a high amount of additional body fat. Obesity is defined as a generalized accumulation of body fat. Obesity is determined by measuring both the height and weight of the adolescent. Adolescent is considered obese if someone is suggestively over the ideal weight for our height. Overweight is defined as increased body size with enlarged lean body mass and without excess accumulation of body fat. A uniform standard to isolated obesity from overweight has not been recognized. Research studies suggest that overweight adolescents may become overweight adults. Dietary behavior and nutritional status are closely interlinked. Now a days, junk foods replacing the other types of healthy foods results in obesity. Seeing all these points, the present research work was assumed to study the frequency of obesity, weight perception and dietary comportment of urban college going girls.

HYPOTHESIS

There will be significant effect of selected exercise programme on biceps.

OBJECTIVES

To examine the effect of selected exercise programme on fat reduction of biceps.

METHOD AND PROCEDURE

Researcher needs proper planning and preparation of appropriate research design. Research design is the blue print of what is to be done and how it is done. It is the path which is followed by the researcher to reach the target. The ultimate success of a research work greatly depends upon the design of the study.

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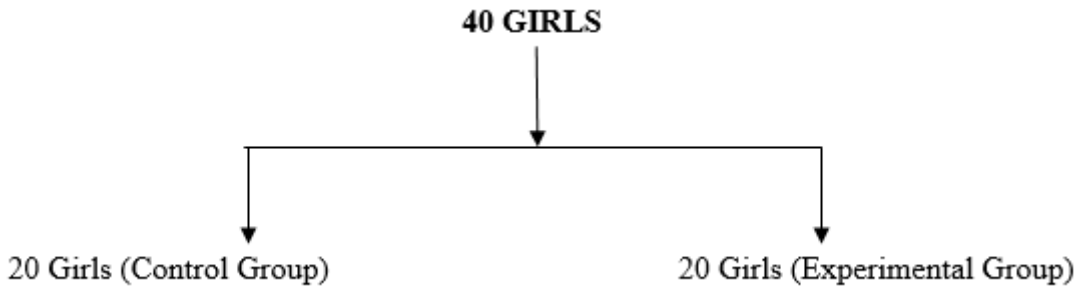
SAMPLING FRAME

The study was an experimental. The sample was selected through random sampling technique. The data was collected from obese college girls.

SAMPLING SIZE

The present study was conducted on overweight or obese girls. forty subjects were categorized in to two groups namely experimental and control.

SYSTEMETIC LAYOUT OF THE SAMPLE IS GIVEN BELOW:



SAMPLING AREA

The forty obese girls were selected from Lovely Professional University Phagwara. The age group of subjects was eighteen to twentysix.

EXPERIMENTAL DESIGN

Selected exercises programme given to reduce fat of biceps, of the subjects. Selected exercise programme was given to experimental group. The experimental duration was one and half hour per day for six days in a week which was lasted for six weeks.

TRAINING DESIGN

Different selected exercises were given to the subjects. In exercise programme sufficient time was given. The training will be designed broadly classified as follows:

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Warming – Up	
Walk (Slow & Fast)	Running in Circle
Jogging	Sprints
Running	Shuttle running
Backward Running	Cross leg running
Exercises for Fat Reduction	
Stretching exercises	Flexed arm hang
Push ups	Alternative toe touch
Jumping exercises	Bench dips
Skipping	Twisting from waist
Bent knee sit ups	Jumping
Stairs (up and down)	Frog jump

TOOLS USED

- Weighing machine (body weight) and stadiometer (height).
- Lange skin fold caliber (skin fold measurements).
- B.M.I. (To calculate obesity).
- Measurement tape, whistle and line powder

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COLLECTION OF DATA

After selecting the sample of the study and before conducted the selected exercise programme, the investigator had a meeting with the subjects. The purpose of the study was explained to them so that there was no ambiguity among the students regarding the efforts they had to put the successful competition of the investigation. Selected exercise programme was conducted in the ground of lovely professional university. Sufficient time for warming up was provided before the exercise programme. Each exercise was properly demonstrated by the investigator. Electronic stop watches were taken to note time, weighing machine to measure body weight and Lange's skin fold caliper to have skin fold measurement before start the exercise programme. The exercise programme was conducted in morning 6:00a.m. to 7:30a.m. for six week.

STATISTICAL TECHNIQUES USED

To find out the significance of the difference between pre-test and post-test means of the experimental groups and control groups the investigator uses:

- Mean
- Standard deviation and
- 't'-test

ANALYSIS AND INTERPRETATION OF THE RESULTS

Table 1. Mean differences between the pre and posttest scores on Biceps of the control and experimental groups

Groups	Tests	N	Mean	SD	t-value	df	Level of Significance
Control	Pretest	20	2.61	0.95	0.602*	38	P<0.05
	Posttest	20	2.63	0.98			
Experimental	Pretest	20	2.78	0.72	1.109**	38	P>0.05

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	Posttest	20	2.62	0.70			

* not significant at 0.05 level of confidence

** significant at 0.05 level of confidence

* 0.05= 2.02

The table represents the number of students in control group to be 20. The means of pre- test and post test scores of control group were 2.61 and 2.63respectively. This implies that the biceps scores in pre-test were slightly higher than in post-test. Standard deviation of the pre-test was lower i.e., 0.95 than the post-test i.e.,0.98, signifying that there is more variation in the scores of students in post-test than in pre-test. The calculated t value from the data was 0.602. The calculated 't' value was less than the table 't' value at 0.05 level of confidence and therefore, the calculated 't' value was not significant. It is interpreted that the mean differences in biceps. in pre-test and post-test were not significant. Thus there was no effect on fat reduction of the control group.

The above table also shows the number of students in experimental group also is 20. The means of experimental group on pre-test and post-test were 2.78 and 2.62 respectively. It is seen that the biceps scores in pre-test were quite higher than the post test scores. Standard deviation of the pre test scores was 0.72 and those of post-test was 0.70 indicating that there is more stability in the scores of students in post-test. The calculated t value from the data was 1.109. The calculated 't' value was more than the table 't' value at 0.05 level of confidence and hence, the calculated 't' value is significant. Therefore, it is interpreted that the mean differences in biceps that existed between the pre-test and post test scores were significant. Thus the post test scores of experimental group were significantly higher than the pre test scores.

On the basis of the result it is accomplished that the Selected exercise Programme had significant impact in reducing the fat of the Subjects. Therefore the Hypotheses is accepted since there is significant effect of selected exercises on biceps.

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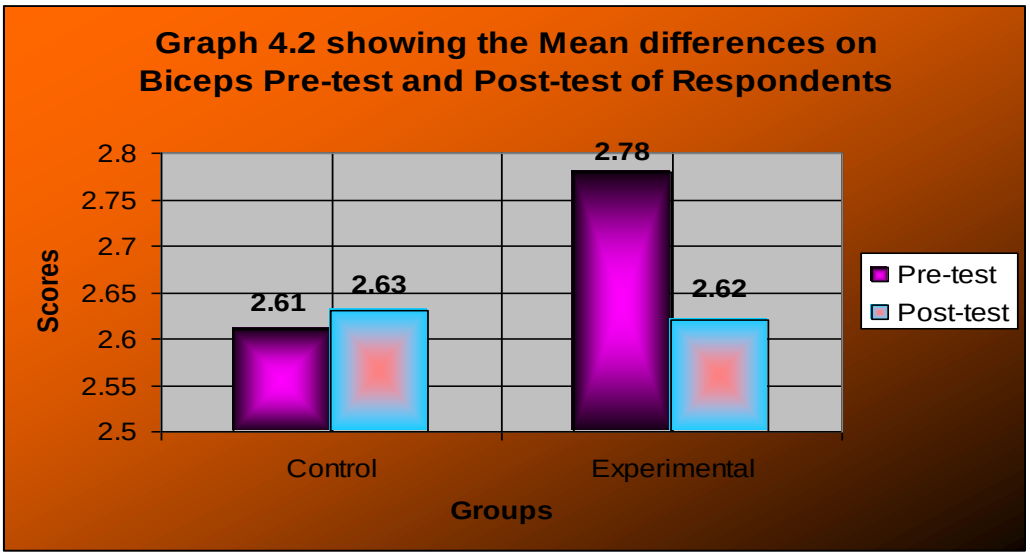

Fig 1. Mean differences between the pre and posttest scores on biceps of the control and experimental groups.

CONCLUSION

In view of the analysis of the data in present study, following conclusions have been drawn the analysis of the data in present study revealed that there was significant effect of selected exercises programme on biceps. The significant means of pre-test and post-test was 2.78 and 2.62. The analysis of the data also revealed that there was significant effect of selected exercises on biceps. So, hypotheses accepted as the difference is significant at 0.05 level of confidence. In other words, selected exercise programme results are positive effects on reduced body weight and body fat among overweight and obese girls.

The study has shown the positive effect of selected exercises on fat reduction which is similar to Tremblay, et.al (1999) In their work on the relationship between Physical activity and weight maintenance concluded that Physical activity is an important component of a weight-reducing program. When combined with a low-fat diet, a physical activity program can reduce body weight by 10-15% in individuals complying with the program. However, even in disciplined individuals, resistance to lose fat ultimately occurs generally before the body composition status of the reduced-obese subjects is comparable to that of their lean counterparts. On the other hand, this weight loss is generally sufficient to normalize the risk profile regarding the development of diabetes and heart diseases.

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