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## Comparison of cardiovascular fitness among minority and non-minority students

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### Abstract

The purpose of the study was, comparing the cardiovascular fitness among minority & non minority student. Simple random sampling was used by the researcher. Total 40 Minority & 40 Non-Minority students were selected for present study. The age of these students was ranged between 18 to 24 years of age. The research was conducted on male students only. Study was conducted at Govt. Degree college Shopian ground. For data analysis paired t-test was applied. There was no significant different found in cardiovascular fitness among minority & non minority student.

**Keywords:** cardiovascular fitness, minority and non-minority

### Introduction

The discipline of exercise makes one think differently about one's mind and body by enhancing mind-body bond. People of any age or gender can benefit from the exercise. Its restorative mechanism is what makes exercise unique from other medical approaches or exercise trends that are currently practiced by various individuals. It emphasizes the promotion of a healthy well-being more than it focuses on trying to cure diseases.

Indeed, prevention is still several ways better than cure and anyone who has tried can attest to this. In fact, many who have adapted exercise as part of their regular fitness routine does so since it significantly improves their health maintenance system.

One of its practical applications involves stress reduction techniques that enable an individual to cope with daily stresses in if that could have entailing impact on the health. Indeed, stress depletes the immune system's ability to fight off diseases so it is important to eliminate stress in the life.

There are several methods involved in physical exercise that will provide with an effective stress management tool, such cardiovascular related exercise, jumping exercise, agility exercise, run & walk exercises, breathing exercises, and stretching exercise. Heart problems and cardiovascular diseases is one of the leading causes of death worldwide. Finding an effective cure against these types of diseases will greatly reduce to mortality rate. But regular exercise offers an even more effective approach to put a stop to the increasing number of people suffering from heart diseases. Hence, expert physical education suggest incorporating cardiovascular related exercise, jumping exercise, agility exercise, run & walk exercises, into the daily life so that one can embark on an important lifestyle transformation that will improve the heart condition

### Materials and Methods

Two groups were targeted, 40 minority & 40 non-minority students for the presented student. Cardiovascular fitness was assessed using 12 minute run & walk test. Place markers at set intervals around the track to aid in measuring the completed distance. Participants run for 12 minutes, and the total distance covered was recorded. Walking was allowed, though the participants must be encouraged to push themselves as hard as they can.

### Statistical analysis

To analysis the data mean, S.D., & t-ratio was utilized the level of significant set up at 0.5 level of confidence.

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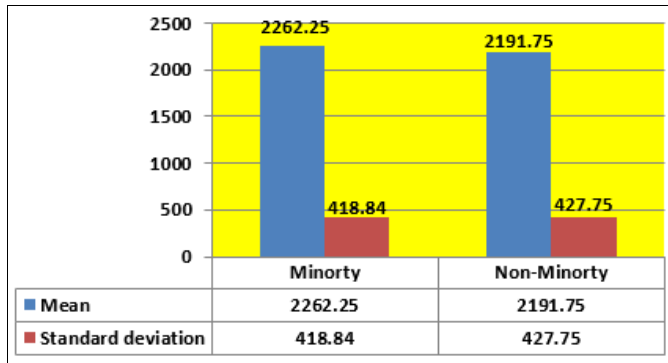
## Results

All the subjects were tested for cardiovascular fitness. The data was analyzed by t- ratio and the level of significances was set at 0.05. The mean standard deviation and t value analyzed each variable separately.

**Table 1:** Mean Scores, SD and t-Ratio of 12 Minute Run & Walk test for endurance among Minority and Non-Minority Students

Group	N	Mean	S.D	df	t -ratio
Minority	40	2262.25	418.84	78	0.74@
Non Minority	40	2191.75	427.75		

@ NS 0.05 level of significance



**Graph 1:** Mean Scores, SD and t-Ratio of 12 Minute Run & Walk test for endurance among Minority and Non-Minority Students

With regards to 12 Minute Run & Walk test for endurance in minority and non-minority students, they have obtained mean value were 2262.25 m. and standard deviation (S.D.) was 418.84 and Non-minority students mean value was 2191.75 m. S.D. was 427.75 and total number of subjects in both the groups were 40. No statistically significant difference of 12 Minute Run & Walk test for endurance ( $t=0.74$ ,  $<.05$ ) was found between minority and non-minority students. This hypothesis was verified by applying t-test on the data presented. Thus, the hypothesis was accepted.

## Conclusions

The result of this study revealed that, there was no significant difference in 12 minute run & walk endurance ( $t= 0.74$ ,  $p< 0.05$ ,  $df= 78$ ) found between minority and non-minority students group. Thus, the hypothesis given earlier was accepted.

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