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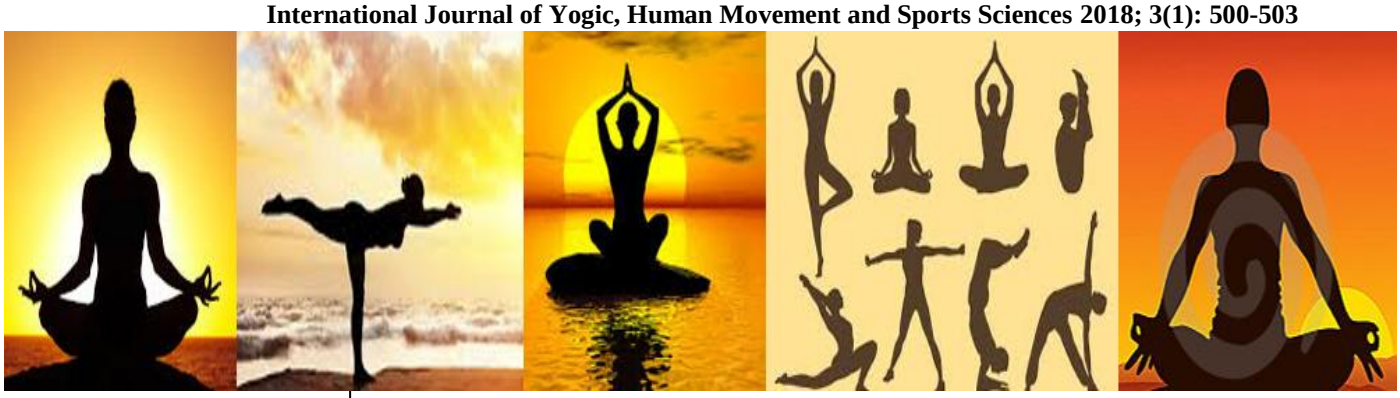

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Effects of six weeks of different physical dance training programs on health related fitness among high school boys

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Abstract
The present study is undertaken to know the effects of different mode of physical activities of the high school boys. The very purpose of taking this study is to show the importance of different modes of physical activities such as Kamsale and Dollu Kunita. In this study we used paired t Test to analyses the research work. Sample size is 90 consisting of high school boys and The study revealed that Kamsale and Dollu Kunita training did played a significant role on health related fitness among high school boys.

Keywords: Dollu Kunitha, Kamsale and health related fitness

Introduction
At present contest the school curricular activities are limits not only the physical exercises and activities. But apart from the sports and games co curricular activities such as Music, Drama, Dance and Folk activities are also play the important roles. After going through the important co curricular activities in the school the researcher tried to attempt to take up a study to know the effects of co-curricular activities on the level of fitness among the school children.

Kamsale
Kamsale is a unique folk art performed by the devotees of God Mahadeshwara. Kamsale is a brass made musical instrument. Its origin is traced to the Mythological period. Kamsale is closely connected with a tradition of Shiva worship.

Dollu Kunita
Dollu Kunitha Kannada (dance) is a major popular drum dance of Karnataka. Accompanied by singing, it provides spectacular variety and complexity of skills. Woven around the presiding deity of Beereshwara or Beeralingeswara, chiefly worshipped by the Kuruba Gowdas of Karnataka and also called Halumathasthas, it presents both entertainment and spiritual edification.

Problem
To assess the Effects of Kamsale and Dollu kunita training programs on health related fitness among high school boys.

Delimitations
1. This study is delimited to Kamsale and Dollu Kunita training.
2. This study is delimited to Boys of Belgaum districts of karnatak State.

Hypothesis
There is no significant difference between pretest and posttest of cardio vascular endurance (12 min Kooper run and walk (in meters)) muscular endurance (Push-ups), muscular strength (Bench Press (in Kg)), flexibility (Sit and Reach (in centimeters) and Body Mass Index (BMI)scores of high school boys in three groups (Control, Kamsale and Dollu kunita).

Objective of the study: The present study was undertaken with the following general objectives in view. The present study was undertaken with the following general objectives in view.

1. To find the effect of six week intervention on posttest scores on cardio vascular endurance (12 min Kooper run and walk (in meters)), muscular endurance (Push-ups), muscular strength (Bench Press (in Kg)), flexibility (Sit and Reach (in centimeters) and Body Mass Index (BMI) of high school boys with influence of pre-test as a covariate
2. To know the influence of six week intervention (pretest and posttest) on cardio vascular endurance (12 min Kooper run and walk (in meters)), muscular endurance (Push-ups), muscular strength (Bench Press (in Kg)), flexibility (Sit and Reach (in centimeters) and Body Mass Index (BMI) of high school boys in Kamsale and Dollu kunita training group.

Methodology

Variables: Health related Componets.

01. Cardio vascular endurance. 02. Muscular endurance.
03. Muscular strength. 04. Flexibility.
05. Body Mass Index.

Tools

In the present study control and two experimental groups (Kamsale and Dollu kunita training) are independent (Predictor) variables and health related fitness components are dependent variables. in order to measure these variables the following tools will be used.

01. 12 min Kooper run and walk (in meters)
02. Muscular endurance (Push-ups)
03. Muscular strength (Bench Press (in Kg)
04. Flexibility (Sit and Reach (in centimeters)
05. Body Mass Index (BMI = weight in kg/(height in mtr)^2).

Collection of Data

The standardized tests are administered on Kamsale and Dollu kunita training and data have been collected from Government High schools of Belgaum districts of Karnataka state. Samples

Total Sample Size	Non Practitioner	Kamsale	Dollu kunita
90	30	30	30

Statistical Techniques

In pursuance of the objectives of the study as well as to test the research hypothesis, "t" test, has used to assess its effects on selected Kamsale and Dollu kunita trainings of high school boys.

Analysis of Data and results

In this section, we compared pretest and posttest scores on cardio vascular endurance (12 min Kooper run and walk (in meters)), muscular endurance (Push-ups), muscular strength (Bench Press (in Kg)), flexibility (Sit and Reach (in centimeters) and Body Mass Index (BMI) from high school boys students in three groups (Control, Kamsale training and Dollu Kunita) by dependent or paired t test and the results are presented in the following tables.

1) Hypothesis: There is no significant difference between pretest and posttest cardio vascular endurance (12 min Kooper run and walk (in meters)) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

To achieve this hypothesis, the dependent t test was applied and the results are presented in the following table.

Table: Results of paired t test between pretest and posttest cardio vascular endurance (12 min Kooper run and walk (in meters)) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita).

Groups	Time	Mean	SD	Mean Diff.	SD Diff.	Paired t	P-value
Control group	Pretest	2203.97	209.64	-11.93	36.97	-1.7678	0.0876
	Posttest	2215.90	213.84				
Kamsale training	Pretest	2221.77	194.01	-440.07	111.36	-21.6442	0.0001*
	Posttest	2661.83	203.50				
Dollu Kunita	Pretest	2274.20	221.14	-409.47	97.43	-23.0192	0.0001*
	Posttest	2683.67	211.03				

*p<0.05 From results of the above table, it can be seen that the followings:

A significant difference is observed between pretest and posttest scores of cardio vascular endurance (12 min Kooper run and walk (in meters)) of high school boys in Kamsale training group (t=-21.6442, p<0.05) and Dollu Kunita group (t=-23.0192, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the posttest scores of cardio vascular endurance are significantly higher as compared to pretest scores of high school boys Kamsale and Dollu kunita training group.

2) Hypothesis: There is no significant difference between pretest and posttest Muscular Endurence (Push-ups) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

To achieve this hypothesis, the dependent t test was applied and the results are presented in the following table.

Table: Results of paired t test between pretest and posttest Muscular Endurence (Push-ups) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita).

Groups	Time	Mean	SD	Mean Diff.	SD Diff.	Paired t	P-value
Control group	Pretest	10.86	4.03	-3.73	2.00	-22.8634	0.0001*
	Posttest	14.59	4.71				
Kamsale training	Pretest	10.30	2.98	-3.87	1.17	-18.1544	0.0001*
	Posttest	14.17	3.28				
Dollu Kunita	Pretest	11.67	4.96	-4.70	1.29	-19.9473	0.0001*
	Posttest	16.37	5.08				

*p<0.05 From results of the above table, it can be seen that the followings:

A significant difference is observed between pretest and posttest scores of Muscular Endurence (Push-ups) of high school boys in Kamsale training group (t=-18.1544, p<0.05) and Dollu Kunita group (t=-19.9473, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the posttest scores of Muscular Endurence (Push-ups) are significantly higher as compared to pretest scores of high school boys Kamsale and Dollu kunita training group.

3) Hypothesis: There is no significant difference between pretest and posttest Mascular strength (Bench Press (in Kg)) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

To achieve this hypothesis, the dependent t test was applied and the results are presented in the following table.

Table: Results of paired t test between pretest and posttest Mascular strength (Bench Press (in Kg)) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita).

Groups	Time	Mean	SD	Mean Diff.	SD Diff.	Paired t	P-value
Control group	Pretest	0.60	0.09	-0.08	0.05	-18.2710	0.0001*
	Posttest	0.68	0.12				
Kamsale training	Pretest	0.63	0.09	-0.11	0.07	-8.5914	0.0001*
	Posttest	0.74	0.12				
Dollu Kunita	Pretest	0.62	0.12	-0.10	0.03	-21.8987	0.0001*
	Posttest	0.72	0.14				

*p<0.05 From results of the above table, it can be seen that the followings

A significant difference is observed between pretest and posttest scores of Mascular strength (Bench Press (in Kg)) of high school boys in Kamsale training group (t=-8.5914, p<0.05) and Dollu Kunita group (t=-21.8987, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the posttest scores of Mascular strength (Bench Press (in Kg)) are significantly higher as compared to pretest scores of high school boys Kamsale and Dollu Kunita training group.

4) Hypothesis: There is no significant difference between pretest and posttest Flexibility (Sit and reach (in centimeters)) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

To achieve this hypothesis, the dependent t test was applied and the results are presented in the following table.

Table: Results of paired t test between pretest and posttest Flexibility (Sit and reach (in centimeters)) scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

Groups	Time	Mean	SD	Mean Diff.	SD Diff.	Paired t	P-value
Control group	Pretest	38.93	6.99	-0.07	0.14	-2.5673	0.0214*
	Posttest	38.99	7.00				
Kamsale training	Pretest	40.40	7.25	-2.47	0.93	-14.5087	0.0001*
	Posttest	42.87	7.41				
Dollu Kunita	Pretest	41.44	8.10	-2.43	1.20	-11.0963	0.0001*
	Posttest	43.87	8.32				

*p<0.05 From results of the above table, it can be seen that the followings:

A significant difference is observed between pretest and posttest scores of Flexibility (Sit and reach (in centimeters)) of high school boys in Kamsale training group (t=-14.5087, p<0.05) and Dollu Kunita group (t=-11.0963, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the posttest scores of Flexibility (Sit and reach (in centimeters)) are significantly higher as compared to pretest scores of high school boys Kamsale and Dollu Kunita training group.

5) Hypothesis: There is no significant difference between pretest and posttest Body Mass Index scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

To achieve this hypothesis, the dependent t test was applied and the results are presented in the following table.

Table: Results of paired t test between pretest and posttest Body Mass Index scores of high school boys in three groups (Control, Kamsale training and Dollu Kunita)

Groups	Time	Mean	SD	Mean Diff.	SD Diff.	Paired t	P-value
Control group	Pretest	16.64	2.01	0.01	0.06	1.2386	0.2254
	Posttest	16.63	2.02				
Kamsale training	Pretest	16.33	1.52	0.47	0.07	34.8270	0.0001*
	Posttest	15.86	1.51				
Dollu Kunita	Pretest	16.60	1.74	0.47	0.38	6.7622	0.0001*
	Posttest	16.13	1.79				

*p<0.05

A significant difference is observed between pretest and posttest scores of Body Mass Index of high school boys in Kamsale training group (t=34.8270, p<0.05) and Dollu Kunita group (t=6.7622, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the pretest scores of Body Mass Index are significantly higher as compared to posttest scores of high school boys Kamsale and Dollu kunita training group.

- The above all the five tables say that A non-significant difference is observed between pretest and posttest scores of all the five health related components tested in controlled group.

Conclusion

Physical activities are always helpful to maintain the individual health. As we discuss in the physical education regarding physical activities like sports, exercises, rhythmic activities, drill and march, aerobics and light apparatus. These activities are not only the physical activities but the Recreational activities, traditional activities; folk dance and tribe dance also the physical activities. The above research said dance activities are also played a important role on health of the human being. Today it is very necessary to change the attitude regarding the physical education. Changing of such attitude should start from ourselves.

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