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## Impact of six weeks aerobic exercise on body mass index of college level students

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### Abstract

There are numerous sorts of vigorous exercise program utilizing like running, running, swimming, cycling and so forth. There are numerous advantages for wellbeing and prosperity to be picked up from high impact exercise. The purpose of the investigation was "to know the effect of six weeks aerobic exercise on body mass index of inter college level athletes. To fulfil the purpose of the investigation twenty overweight male students were selected through purposively sampling method from Enlightened College for Physical Education, Jhunir (Punjab). The study was conducted during academic year 2018-2019. Data of body mass index were collected before and after six weeks aerobic training- programme. To find the significant difference between pre-test and post-test means score of body mass index 't' test was applied. On the basis of statistical analysis it was concluded that the aerobic exercises play a significant role in decrease the fat in body.

**Keywords:** Six weeks aerobic exercise, body mass

### Introduction

The real advantages of aerobic activity originate from steady development. Aerobic exercises can lessen the cardiovascular issues. Aerobic exercises help weight reduction by structure slender muscles while consuming fat. BMI is a gross gauge for the measure of fat in the body. It advises whether one needs to get in shape or not. A progressively exact impression of muscle to fat ratio is given by the BMI. The BMI can be determined effectively from this formula.  $BMI = \text{Weight in Kilogram} / \text{Square of Height in meter}$ . BMI tells whether body weight is fitting for one tallness. In Indians, it is fitting that the BMI be at least 18 and more than 23. It should just be connected 'between the scopes of 19-70 years. It for the most part comes up short when connected to people as yet developing or to competitors where muscle develops is broad. BMI may not be valuable in certain conditions like pregnancy, bosom encouraging ladies and so on.

### Purpose of the study

The purpose of the investigation was to examine the impact of six weeks aerobic exercise on Body Mass Index of college students.

### Hypothesis

There would be no significant difference in the score of Body Mass Index of pre-test and post-test.

### Selection of subjects

For the purpose of the study twenty overweight male students studied from Enlightened College for Physical Education, Jhunir (Punjab). In the academic year 2018-2019 were selected as subject. The subjects were selected through purposively sampling method. The overweight subject considered as BMI in between 25 to 29.9. The age of the subject ranged 20 to 25 year.

### Variables and Tools

Six weeks aerobic training programme was defines as independent variable. Score of BMI of pre and post-test was defined as dependent variable. The body weight measure with the help of

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weight machine and the body height measure with the help of measure tap.

**Research methodology**

The present study was conducted by experimental research method. After the measurement of body mass index as per test an aerobic exercise programme was administrated to the selected subjects for six weeks. The duration of the aerobic exercise programme was 45 minute per day; the frequency of the aerobic exercise programme was five days in a week. After training the BMI was measured.

**Statistical procedure**

The 't' test was applied to find out the significance difference between the pre and post-test means of BMI.

**Result**

**Table1:** Pre Test and Post Test Score of Body Mass Index

Sr. No.	Pre Test	Post Test
1.	26.70	25.67
2.	27.50	25.70
3.	27.88	27.08
4.	27.67	25.18
5.	28.85	27.80
6.	28.70	27.99
7.	27.68	27.00
8.	26.99	25.50
9.	27.17	26.98
10.	27.39	26.87
11.	28.85	27.97
12.	28.07	27.35
13.	27.13	26.08
14.	28.78	26.58
15.	27.62	25.31
16.	26.76	24.08
17.	28.18	25.33
18.	28.78	25.48
19.	27.08	26.18
20.	27.17	26.10

To find the significance difference between the pre and post-test means of body mass index 't' test was applied. The obtained 't' ratio was tested for the significance difference at the 0.05 level of confidence. The findings of study are presented in table-2.

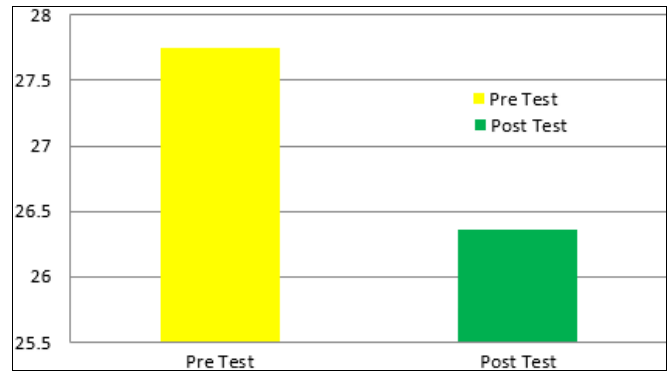
**Table 2:** Mean, SD and 't' Value of Pre and Post Test of Body Mass Index

Test	Score	Mean	S.D.	S.E.	t-ratio
Pre	554.95	27.75	0.71	0.30	4.63*
Post	527.23	26.36	1.03		

Significant at 0.05 level t 0.05 (19)

Table shows that, the calculated 't' value is 4.63 which are more. Than tabulated 't' value which is 2.093. Hence it may be considered that there was significant difference found between the pre and post-test mean of BMI of overweight college students.

**The scores are also 'illustrated in the figure-1**



**Fig 1:** Mean of Pre and Post Test of Body Mass Index

The significance in BMI might be due to the effects of six week aerobics exercise programs, so the programme was affected.

**Discussion**

On the basis of obtained results, it has been observed that there was significant difference found between pre-test and post-test mean scores of BMI. By the improved, aerobic exercise BMI was improved, its means it significantly decreased.

**Conclusion**

It was concluded that the use of aerobic exercise programme reduce the percentage of weight in the overweight male subject. Aerobic exercise plays a significant role in weight reduction. According to the result the hypothesis, "There would be no significant difference in the score of Body Mass Index of pre-test and post-test" was rejected.

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