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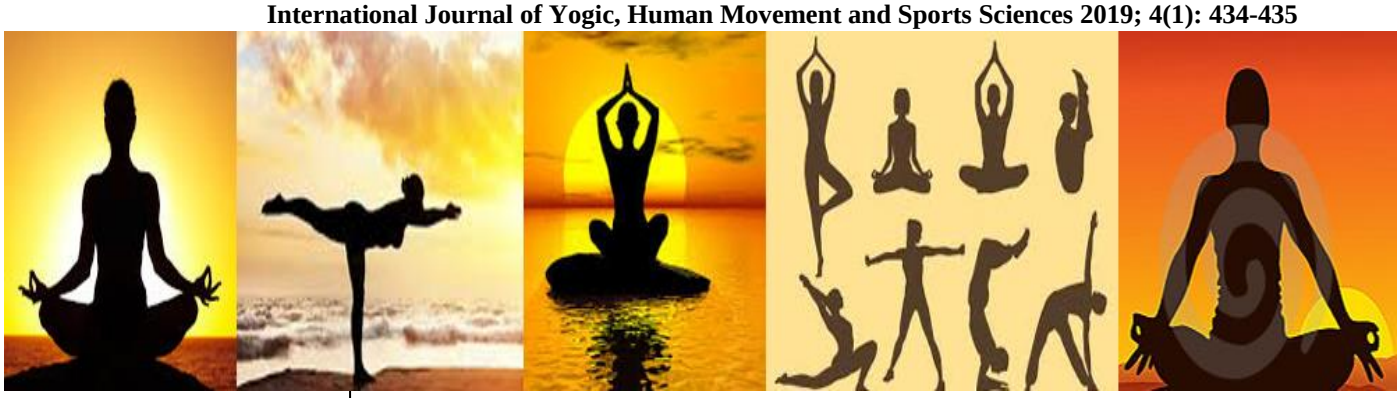

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Effect of 8 week selected fat burning exercises on flexibility of come and play boys and girls

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Abstract
Purpose: The purpose of the study was to find out the effect of 8 weeks selected fat burning exercises on flexibility of come and play boys and girls.
Method: Total Seventy six subjects were the sample of this study 40 were girls and 36 were boys selected through the purposive sampling technique. In this study there were two groups Experimental (18 boys / 20 girls) and control group (18 boys / 20 girls). Experimental group perform fat burning exercises training program 6 days (1 hour morning) in a week for 8 weeks. Statistical technique: Pre test and post test have been conducted and "t-test" was the statistical technique.
Results: Results revealed that there was significant difference on pre-test and post-test among experimental and control group.
Conclusion: Experimental Group was found better than the control group on flexibility and significant results were found in the study.

Keywords: Flexibility, fat burning exercises, obesity

Introduction
Objectives
To assess the effect of selected fat burning exercises on flexibility of come and play boys and girls.

Material & Methods
Total seventy six subjects were the sample of the study forty was girls and thirty six were boys. They were selected through the purposive sampling technique (Non Probability) In this study there were two groups Experimental Group (18 boys / 20 girls) and Control Group (18 boys / 20 girls). Experimental group perform fat burning exercises training program 6 days (1 hour) in a week. The whole training program was last for 8 weeks.

Tool of the study
Flexo meter

Test items of the study
Bend and Reach Test

Statistical analysis
In this study there were two independent groups so t-test was the statistical technique have been used for this study.

Results
The table no. 1 represents the number of subjects in experimental Group is 18. The mean scores of pre test and post test of Experimental group are found to be 7.05 and 5.46 respectively. This implies that the score of Experimental Group in post test is not slightly higher than the pre test. Standard deviation of the pre test is found to be 9.13 and that of post test is 9.41, indicating that there is more variation in the scores of subjects in post test and pre test. Degree of freedom of both groups is found to be 17.

The calculated „t" value from the data is 2.42*and it is more than the tables „t" value at 0.05. Hence, the calculated „t" value is found highly significant on the flexibility. The above table also shows the number of subjects in Control Group is 18. The mean scores of pre test and post test of control group are found to be 9.18 and 10.08 respectively. It implies that the score of Control Group in post test are more than in pre test. Standard deviation of the pre test is higher 8.46 than the post test 7.75. It signifies that there is more variation in the scores of subjects in pre test than in post test. The calculated" value from the data is 0.33 and it is less than the table „t" value at 0.05. Therefore, the calculated" value is no significant on the flexibility on control group of boys.

Table 1: Shows Significance Difference in Mean Scores between the Pre and Post Test of Experimental and Control Group on Flexibility of School Boys.

Group	Test	N	Mean	SD	Df	t.value
Experimental Group	Pre	18	7.05	9.13	17	2.42*
	Post		5.46	9.41		
Control Group	Pre		9.18	8.46		0.33
	Post		10.08	7.75		

*Significant value at 0.05 level=2.11

Table 2: Shows Significance Difference in Mean Scores between the Pre and Post Test of experimental and Control Group on flexibility girls.

Group	Test	N	Mean	SD	Df	t. value
Experimental Group	Pre	20	1.06	6.90	19	3.60**
	Post		1.64	6.53		
Control Group	Pre		18.33	10.5		0.12
	Post		17.93	9.86		

**Significant value at 0.01 level=2.86

The table no. 2 represents the number of subjects in experimental Group is 20. The mean scores of pre test and post test of Experimental group are found to be 1.06 and 1.64 respectively. This implies that the score of Experimental Group in post test is slightly higher than the pre test. Standard deviation of the pre test is found to be 6.90 and that of post test is 6.53, indicating that there is more variation in the scores of subjects in post-test and pre-test. Degree of freedom of both groups is found to be 19. The calculated" value from the data is 3.60** and it is more than the table „t" value at 0.01. Hence, the calculated" value is found highly significant on the flexibility. The above table also shows the number of subjects in Control Group is 20. The mean scores of pre test and post test of control group are found to be 18.33 and 17.93 respectively. It implies that the score of Control Group in post test are more than in pre test. Standard deviation of the pre test is higher 10.5 than the post test 9.86. It signifies that there is more variation in the scores of subjects in pre test than in post test. The calculated" value from the data is 0.12 and it is less than the table "t" value at 0.01. Therefore, the calculated" value is no significant on the flexibility on control group of girls.

Conclusions

The following conclusions have been drawn, in the view of data analysis of present study. The collected data showed significance difference the subjects belonging to Experimental Group and Control Group. Hence the directional hypotheses i.e. there was significant effect of fat burning exercises on flexibility of come and play boys and girls was accepted. Experimental Group was found better than the control group on flexibility the significant results were found in the study.

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