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## Effect of brisk walking on selected physical fitness variables among college women

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### Abstract

The purpose of the study was to find out the effect of brisk walking on selected physical fitness variables among college women. Twenty college women studying from Annai Velankanni College of Arts and Science, Tholayavattam were selected as subjects. The age of the subjects ranged from 18 to 25 years. The selected subjects were subjected to brisk walk. The experimental group (brisk walk) was subjected to the brisk walking for five days for up to four weeks. The brisk walking was selected as independent variable and the criterion variables agility and flexibility were selected as dependent variables and the selected dependent variables were assessed by the standardized test items. Agility was assessed by 4 x 10 meters shuttle run test and the unit of measurement in seconds and flexibility was assessed by sit and reach test and the unit of measurement in centimeters. The experimental design selected for this study was pre and posttest randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test. It was found that there was a significant improvement and significant difference exist due to the effect of brisk walking on agility and flexibility.

**Keywords:** Brisk walking, agility and flexibility

### Introduction

Brisk walking is one of the most ignored types of exercise in the world of fitness. Its effectiveness is always neglected and underestimated. However, brisk walking offers many benefits to the body beyond expectation. Brisk walking can be described as a type of exercise that involves walking faster in order to boost the heart rate and keeping the body in shape. An American Journal titled "Arteriosclerosis, Thrombosis, and Vascular Biology" showed that walking and running help lessen your risk of Diabetes, High cholesterol, High blood pressure. However, walking is proved to be more preferable by many people. ([www.ayurhelp.com](http://www.ayurhelp.com)) Brisk walking can be an excellent way to improve physical fitness and lose weight for overall body health. It is one of the best physical exercises for elderly, people who are obese, and as well as those people that have not exercised their body for a long time. Another plus to brisk walking is that it involves minimal equipment as it can be done at your pace and at any time of day. To enjoy the benefits of brisk walking, it has to be done in the correct way. Are you doing it correctly? Everything will be covered in this article. Let's look at elements of a correct brisk walking. ([www.ayurhelp.com](http://www.ayurhelp.com)).

Brisk walking can do more than exercising your body in many ways by improving your overall health. It benefits your overall health by efficiently increasing your breathing and heart rate in an easy way. Studies have shown those 30 minutes of brisk walking for five or more days in a week offer health benefits. Brisk walk helps to strengthen the heart by increasing the heart beat to the required levels, thereby reduces the chances of cardiovascular diseases and as well as improves lungs and muscles health. This has helped to lessen the rate of heart attack and other related heart diseases. Brisk walk also assists in pumping blood required for the body and as well helps shed bad body fats. Brisk walk has been studied to reduce diabetes as well as hypertension by cutting the level of high blood pressure, enhancing BMI, burning the unwanted fats, and helping the muscle cells to use more glucose; thereby aids the body to perform optimally. The studies further show those 30 minutes brisk walking promotes blood sugar regulation and manages insulin in type 2 diabetes as well as minimizes the chances of

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overweight. Scientists have shown that 30-40 minutes of brisk walk helps lower the blood pressure for ten hours. It does this by strengthening the heart to control blood pressure. Brisk walk aids triacylglycerol level reduction; thereby improves state in hypertension. Healthy blood pressure also assists smooth functioning of essential organs such as heart, liver, kidney, and much more. Thirty minutes brisk walk at 2mph helps you burn about 75 calories while at 3mph and 4mph, you tend to burn about 99 calories and 150 calories respectively. Are you ready to shed unwanted weight? Take up a brisk walk and burn the fat faster than you could think. (www.ayurhelp.com)

**Methodology**

To achieve the purpose, twenty college women studying from Annai Velankanni College of Arts and Science, Tholayavattam were selected as subjects. The age of the subjects ranged from 18 to 25 years. The experimental group was subjected to the brisk walk during morning hours for five days. The brisk walk was selected as independent variable and the criterion variables agility and flexibility were selected as dependent variables and the selected dependent variable were assessed by the standardized test items. Agility was assessed by 4 x 10 meters shuttle run test and the unit of measurement in seconds, and flexibility was assessed by sit and reach test and the unit of measurement in centimeters. The experimental design selected for this study was pre and posttest randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent ‘t’ test.

**Results and Discussions**

The data pertaining to the variables in this study were examined by using dependent ‘t’ test at 0.05 level of significance. The analysis of dependent ‘t’ test on data obtained for agility and flexibility of the pre and posttest means of experimental have been analyzed and presented in Table I.

**Table 1:** Mean and Dependent ‘T’ Test of Experimental Group on Agility and Flexibility

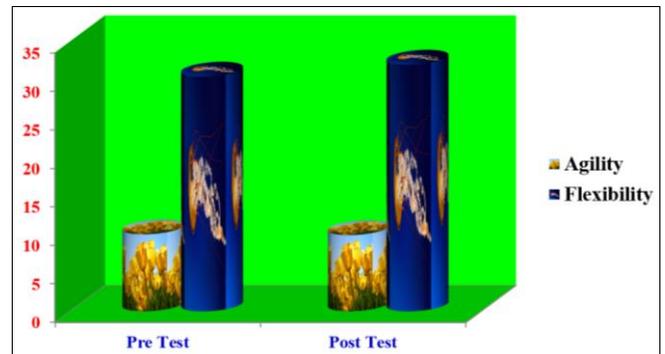
	Test	Number	Mean	Standard Deviation
Agility	Pre test	20	10.00	0.19
	Post test	20	9.90	0.20
	‘t’-test	9.75*		
Flexibility	Pre test	20	30.45	9.10
	Post test	20	32.00	8.61
	‘t’-test	11.47*		

\*Significant at .05 level. (Agility tested in Seconds)

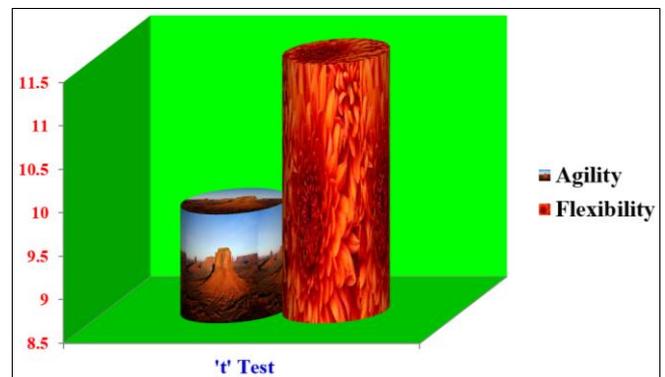
(The table value required for .05 level of significance with df 19 is 2.09)

The table I shows that the obtained pre and post test mean values of experimental group was  $10.00 \pm 0.19$  and  $9.90 \pm 0.20$  respectively and the obtained dependent ‘t’-ratio values between the pre and post test means of experimental group was 9.75. The table value required for significant difference with df 19 at .05 level is 2.09. Since, the obtained ‘t’ ratio value of experimental group are greater than the table value, it is understood that the brisk walking has made the significant positive changes on agility among college women. It Shows that the obtained pre and post test mean values of experimental group was  $30.45 \pm 9.10$  and  $32.00 \pm 8.61$  respectively and the obtained dependent ‘t’-ratio values between the pre and post test means of experimental group

was 11.47. The table value required for significant difference with df 19 at .05 level is 2.09. Since, the obtained ‘t’ ratio value of experimental group are greater than the table value, it is understood that the brisk walking has made the significant positive changes on flexibility among college women. The brisk walk training influences the significance improvement on agility and flexibility.



**Fig 1:** Mean values of experimental group on agility and flexibility



**Fig 2:** ‘t’ Test values of experimental group on agility and flexibility

**Conclusions**

1. The brisk walk had significantly improved on agility.
2. The brisk walk had significantly improved on flexibility.
3. The results of this study provide evidence that healthy but sedentary individuals who take up a programme of regular brisk walking improves several known risk factors for Physical Fitness.

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