



Effect of physical training for improving endurance ability of Delhi elderly people

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Abstract

The aim of the present study is to determine the Effect of Physical Training for Improving Endurance Ability of Delhi Elderly people. 30 subjects 15 from experimental group and 15 from control group. Were selected for the study. 6-week physical training will be given to experimental group Only Elderly men were selected for this study. Endurance was measured by “12 Minutes Run and Walk (Cooper’s Test)”. Mean and Standard Deviation was used as a statistical tool.

Keywords: elderly people, endurance and physical training

Introduction

Aerobic Endurance is the amount of oxygen intake during exercise; Aerobic Endurance is the time which you can exercise, without producing lactic acid in your muscles. During Aerobic [with oxygen] work, the body is working at a level that demands for oxygen and fuel can be meet by the body’s intake. The only waste products formed are carbon dioxide and water, which are removed by sweating and breathing. Aerobic Exercise is physical exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means “with oxygen” and refers to the use of oxygen in the body’s metabolic or energy generating process. Many types of exercise are Aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

Regular physical activity and exercises are essentially important for good health. Fitness is very important to perform regular activities in domestic life, now a day’s people are became very busy in this globalised world, every human being needs a little bit consciousness regarding health, the objective of this study is to find out the effect of physical training for improving health and physical endurance

Delimitation

The Data collection will be delimited to North east region of Delhi.

Age of subject will be 60-70 years.

The subject will be delimited to elderly men.

Purpose of the Study

The purpose of the present study is to improve the endurance level among Elderly people.

Methodology

To fin out the aerobic endurance from experimental group and control group of Elderly people total 30 subjects 15 from experimental group and 15 from control group. 6 week physical training will be given to experimental group.

12 Minutes Run and Walk (Cooper’s Test)

The 12-minute cooper test is used for collection of data. The cooper test is a test of aerobic Endurance, it was designed by Kenneth H. Cooper in 1968 for US Military used in the original form; the point of the test is to walk n run as for as possible within 12 minutes.

Results

This study shows regular Elderly people of experimental group are having good endurance power than comparing to control group because they involve in regular walking practice which helps them in improving their Endurance n Fitness.

Table 1

Results of 12 minutes cooper test	N	Mean	Std. Deviation	Std. Error Mean	T
Experimental group Elderly people	15	1586.500	115.190	25.595	15.197
Control group	15	1145.833	90.115		

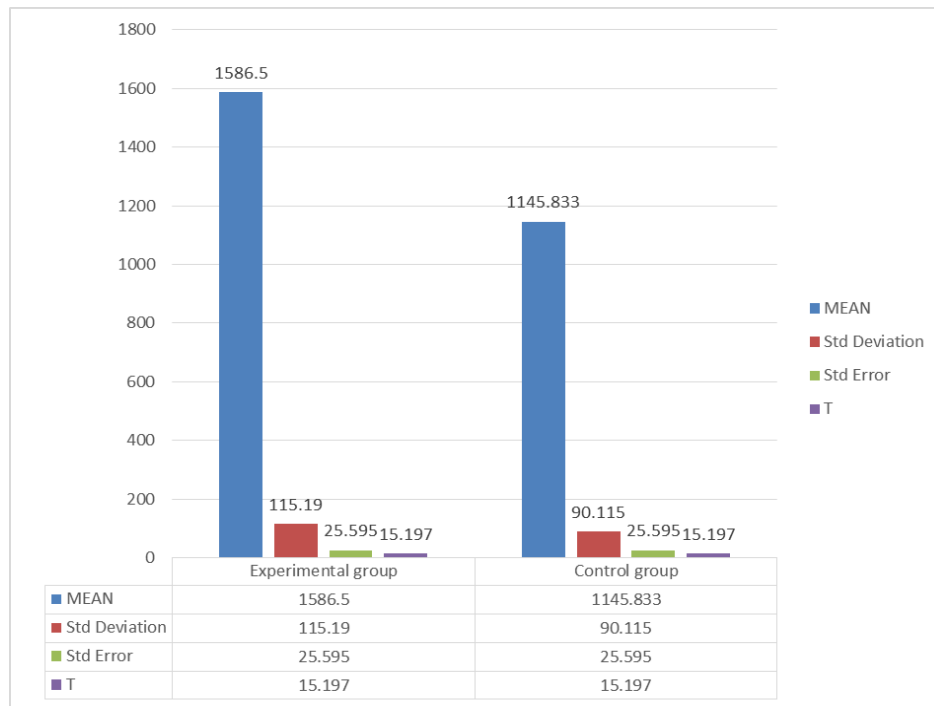


Fig 1

The Elderly people mean performance is in 12 min cooper test is 1586.500 mean performance of control group in 12 min cooper test is 1145.833.this experiment shows that experimental group performance is better in aerobic endurance comparing to control group.

Conclusion

It is concluded that the regular Elderly people are having good endurance capability, comparing to others, so that they can perform their daily activities without any difficulty. They may keep their health fit and healthy.

Recommendations

Similar studies can be conducted on other group of people, in the society. This study may help the coaches, fitness trainers, physical education teachers, and sports interested persons.

References

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