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EFFECT OF CALLISTHENIC EXERCISES AND YOGASANAS ON BALANCE OF PRIMARY SCHOOL CHILDREN'S

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ABSTRACT :

Callisthenic exercises intend to increase body speed and flexibility using only one's body weight with movements such as bending, jumping, swinging, twisting, kicking, and many other various activities engaging the arms, legs, torso, neck, back – basically every muscle group in your body! In the end, you'll realize callisthenic exercises are great for natural strength building – easy or hard. The results of intense, demanding, and vigorous callisthenic exercises will produce amazing results. Callisthenic exercises are usually repetitious natural movements that can also improve psycho-motor skills such as balance and coordination when done with consistency. Callisthenic training involves any exercises performed using no added weight, and is commonly referred to as



body-weight training. Callisthenic training can be done as a stand-alone routine, or programmed into any weight loss, bodybuilding or fitness workout. It has many benefits and is convenient, and it can be tailored to suit beginner, intermediate or advanced trainees.

KEY WORDS: Introduction, Callisthenic Exercises and Yogasanas Balance, Conclusion.

INTRODUCTION:

Callisthenic training involves any exercises performed using no added weight, and is commonly referred to as body-weight training. Callisthenic training can be done as a stand-alone routine, or programmed

into any weight loss, bodybuilding or fitness workout. It has many benefits and is convenient, and it can be tailored to suit beginner, intermediate or advanced trainees. If you're looking to lose weight or increase your fitness, then you can rely solely on callisthenic training to get you great results. Plan four sessions per week--two focusing on upper-body exercises and two focusing on the lower body. As well as the exercises listed above, you can add in others, such as burpees, mountain climbers, planks, crunches, inverted rows and lunges. If, however, you're training for muscle size and

strength, then callisthenic training should be done alongside your weights workouts. After three of your weights sessions every week, set up a full-body, body-weight exercises circuit, containing four or five exercises, and complete as many rounds as you can in 15 minutes.

Callisthenic are exercises consisting of a variety of simple movements, usually performed without weights or other equipment's, which are intended to increase speed and flexibility using the weight of one's own body for resistance. The primary callisthenic exercises are; sit-ups, crunches, push-ups pull-ups, squats, calf-raises and dips. Callisthenic originated in ancient Greece. It is mentioned as a person scouts report on Spartan warriors before the battle of Thermopylae, who misinterprets callisthenic as a sign of weakness.



The Importance of Callisthenic

Callisthenic are exercises that use your bodyweight for resistance and are designed to strengthen and tone your muscles and increase muscular endurance. Derived from the Greek kilos, meaning and strength, callisthenic don't necessarily require any exercises equipment.

The Benefits of Callisthenic

- + The best benefit from callisthenic exercises is that you will understand everything about your own physical body and its limits.
- + This is invaluable when functioning in your everyday life and helps you to avoid injuries.

Yogasanas



The word yoga derived from Sanskrit word 'YUJ' meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with soul—to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme.

Yoga is one of the most ancient cultural heritages of India. The word yoga in Sanskrit means “to unite”, and so yoga can be said to connote a unitive discipline.

Balance

“The ability to control the body’s position. Either stationary (e.g. a handstand) or while moving. (e.g. a gymnastics stunt)”

Benefits of Balance

- + Improves balance
- + Strengthens the feet ankles, calves and thighs
- + Opens the shoulders, chest, back and hips

METHODOLOGY

The purpose of investigator is to compare Balance. Performance of "Effect of Callisthenic Exercises, Yogasanas and Aerobic Exercises on Physical Fitness of Primary School Children's." To execute the investigation selected 50 Experimental Group and 50 Control Group.

Sample: The total sample consists 100 Girls and the Age Levels was 09 to 12 Years.

CALLISTHENIC EXERCISES

Basically all these exercises are freehand movements in nature and done with two counts or four counts to complete one movement.

- 1) Dips
- 2) Front kick
- 3) Sit ups with straight legs
- 4) Jumping jacks

Yogasans

- 1) Standing Asanas
 - a) Suryanamaskar
 - b) Garudasana
- 2) Sitting Asanas
 - a) Padmasana
 - b) Paschimottanasana
- 3) Supine asanas
 - a) Matsysana
 - b) Navkasna
- 4) Prolineasanas
 - a) Bhujangasana
 - b) Dhanurasana

ANALYSIS AND INTERPRETATION OF DATA

The Effect of 6 Weeks Callisthenic Exercisesyogasanas and aerobic exercises training on BalancePhysical variables of secondary school students and training was imparted to Experimental Group and Control Group Performance was recorded at Pre-test and Post-test and Interpretation of data has done as follows.

Table Shows Mean, SD and t-value of Balance [Garudasana] Between Experimental Group and Control Group Pre-test and Post-test

Variable	Group	Test	Mean	S. D	Df	t-value	P-value	Significant
Balance	Experimental Group	Pre Test	3.0120	1.52850	24	2.186	.031	S
		Post Test	4.0140	1.35606				
	Control Group	Pre Test	2.6320	.72829	24	-1.422	.070	NS
		Post Test	3.0200	.81812				

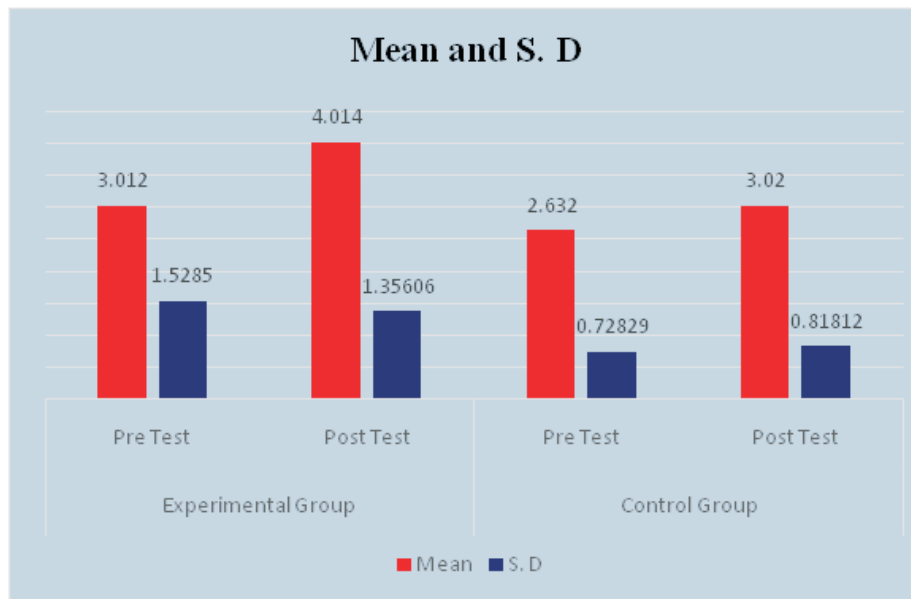
*The level of significant is 0.05, Table value is 1.96

The Experiment Group showing the significant difference of the Pre-test and Post-test as well Mean, Standard Deviation and t- value. The mean Score of Pre-test 3.01, Post-test 3.98, Standard Deviation Pre-test 1.50, Post-test 1.35, The Variables of the study clearly shows that the impact of callisthenicexercises, yogasanas and aerobic exercises increases the BalanceMeasure By the Garudasana. The t- value is 2.28, this indicate the

level of significant difference between Pre-test and Post-test of the Subject.

The Control Group showing there is no significant difference of the Pre-test and Post-test as well Mean, Standard Deviation and t- value. The mean Score of Pre-test 2.69, Post-test 3.12, Standard Deviation Pre-test .74, Post-test .82 The Variables of the study clearly shows that the impact of calisthenic exercises, yogasanas and aerobic exercises increase the Balancedose not play any role for Measure by the Sit and Reach. The t- value is - 1.92, this indicate there is no significant difference between Pre-test and Post-test of the Subject.

Showing the Pre-test and Post-test for Balance



The above figure clearly indicates that the six weeks callisthenic exercises, yogasanas and aerobic exercises training performance is drastically improved Balance of the Experimental Group.

SUMMARY

The purpose of this study was to examine the effects of callisthenic exercises on Balance Physical variables of secondary school students among secondary school children. Pre-test as been conducted then the six weeks callisthenic exercises on Balance Physical variables of Primary school students training program organized to the Primary school children, after the six weeks training post test conducted the researcher found that the effect of Physical variables level the post-test result indicates significant improvement in the Physical variables level.

CONCLUSION

On the basis of the result the following conclusions were drawn, the six weeks Callisthenic Exercises and Yogasanas training improve the Balance of Primary School Children's.

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