



EFFECT OF CIRCUIT TRAINING ON PERCENTAGE OF BODY FAT OF POLYTECHNIC COLLEGE OBESE MEN

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ABSTRACT

This paper describes the changes of improvement on percentage of body fat. 40 men students from polytechnic college, were selected as subjects and they were equally divided in to 2 groups acted. Each group consisting of twenty each male student. Group I as experimental group and who underwent Circuit Training for twelve weeks and group-II considered as control group did not undergo any special training programme. Percentage body fat using was measured by Skin fold caliper by individual was recorded of pre and post test were conducted. The results of the study shows: There was a significant improvement on percentage body fat and however the improvement was in favour of experimental group due to twelve weeks of Physical training practice.

KEYWORDS: Circuit Training, Percentage of Body Fat.

INTRODUCTION:

Circuit Training does not mean just twisting and bending of the body. It is a comprehensive mode of culturing the body exercises can be done alone as the limbs of the body provide the necessary weights and counter weights. By doing regularly it, develops agility, balance, endurance and great vitality.

Ji-Woon Kim and others (2018) were investigated on the effect of a 12-week circuit training program on health-related physical fitness and metabolic syndrome risk factors in obese female college students. As a result of this study, body weight, % body fat, and body mass index in the circuit training group was significantly decreased compared to the control group. All health-related physical fitness indicators such as back strength, sit-up, sit-and-reach, and 1,600 m running time showed relative effects between groups or over time.

Body composition refers to the characteristics of the human body including the body fat, % body fat, muscle mass, and LBM. With advancing aging, in general, body weight and % body fat is gradually increased but LBM is decreased (Sziva et al., 2009). These negative alterations of body composition can lead to metabolic syndrome and exercise has been well known as mediator to positively change body composition (Theodorakopoulos et al., 2017).

THE PURPOSE OF THE STUDY:

The purpose of the study was to find out the effect of Circuit training on selected Percentage of Body Fat of college obese men.

METHODOLOGY

Sample: to achieve the purpose of the study 40 Polytechnic college obese men who were studying in Polytechnic college during the year 2017-2018 were randomly selected as subjects. The selected criterion variables are Percentage of body fat. (Skin fold caliper)

In this study, circuit training for 12 weeks significantly decreased body weight, % body fat, and BMI over time and showed relative effect between groups. Most previous studies suggested that aerobic exercise (5 times for 12 weeks at 40%–70% maximal oxygen uptake), high intensity combined exercise (5 times for 3 weeks) or Pilates exercise (3 times for 8 weeks) could down-regulate body weight, % body fat, and BMI of obese people when compared to the nonexercise group (Şavkin and Aslan, 2017)

RESULTS AND DISCUSSION

Yilmaz Ucan (2018) determined in the effects of circuit type resistance training on body composition and bone status in young males. Results recommend that 12 weeks of circuit opposition preparing in decently dynamic youthful guys positively affected body creation and bone status, with no impact on body weight.

Kraemer, W. J., Fleck, S. J., & Deschenes, M. R. (2012) in their concentrated on Body piece is of extraordinary enthusiasm to mentors and competitors. Body estimate impacts physical execution in numerous games. Body qualities, for example, tallness or a safe distance remain moderately unaltered with preparing. Wilmore, J. H., and Costill, D. (1994) they considered on Other segments, for example, fat and without fat mass react to consume less calories and exercise rehearses. Body sythesis comprises of supreme and relative measures of muscle, bone and fat tissues, water, minerals and different segments of aggregate weight. Scientists, all in all, allude to body creation as far as fat rate, fat mass (FM), and sans fat mass (FFM), with sans fat mass as body structures barring fat-mass.

CONCLUSION

There was significant improvement on Percentage of Body Fat, due to twelve weeks of Circuit Training.

ANALYSIS OF COVARIANCE DATA ON PERCENTAGE BODY FAT BETWEEN PRE AND POST TESTS OF EXPERIMENTAL AND CONTROL GROUP

Test	Experimental group	Control group	Source of variance	Sum of squares	Df	Mean squares	Obtained of Ratio
Pre test mean	333.40	33.25	Between	0.225	1	0.23	0.08
SD	1.73	1.65	Within	108.55	38	2.86	
Post test mean	29.80	33.25	Between	119.03	1	119.03	31.66*
SD	1.60	2.22	Between	142.95	38	3.76	
Adjusted post test mean	29.73	33.72	Between Within	129.21 36.79	1 37	129.21 0.99	130.52*

Significant at 0.05 level of confidence and the table values required of significance at 0.05 of confidence for 1 and 38 & 1 and 37 are 4.09 and 4.104 respectively.

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