

EFFECT OF HATHA YOGA AND AEROBIC DANCE PRACTICE ON SELECTED SPEED OF ADOLESCENT BOYS

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ABSTRACT

Due to advanced technology and automation in our lives, there is an almost compulsory lack of physical activity, carrying negative effects on health and daily living. Yoga is a science of life which helps man to attain their highest potential and highest state of consciousness. The purpose of the study was to evaluate the motor fitness response, to find out the changes if any in speed following the yoga and aerobic dance practices. The total subjects were 120 divided into four groups and their age ranges from 12-16 years. The duration of total practice period were 6 weeks (3 days in a week for 30 minutes). Pretest and Post test data were analyzed by paired 't' test' method was adopted by (Garrett, 1981). The organised yoga and aerobic dance programme definitely improved their performance in selected speed.

Key Words : Yoga, Aerobic dance and Speed