

Effect of Callisthenic and Aerobic Exercises on Physical Fitness of Primary School Children's

Kum.Chennamma¹ and Dr. D. M. Jyoti²

¹Research scholar Email ID: channamma1990@gmail.com

²Asst. Professor Department of studies in Physical Education and Sports Science, K.S.W. University, Vijaypur.

Abstract—Physical Education is sum of those experiences which come to the individual through movement. Physical Education, an integral part of the total education process, is a field of Endeavour that as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome. Systematic and rhythmic body exercises generally performed without or weight that consists of bending, twisting, swinging, kicking, and jumping movements and such specific exercises as push-ups, sit-ups and chin-ups.

Callisthenic exercises are easy on your joints. Exercises such as leg extensions and machine chest presses are safe enough but for some exercises, these movements can be hard on your joints. If you have a long history of hard training are over forty and beginning to experience the onset of joint pain, callisthenic exercises are one of the best ways to keep your joints moving while minimizing any discomfort. As many martial artists and ex-military personnel have proven, callisthenic exercises are suitable for older exercisers looking to maintain a high level of fitness despite worn joints.

Index Terms—Introduction, Importance of Callisthenic exercises, Benefits of Callisthenic exercises, Physical Fitness, Importance of Physical Fitness, Benefits of Physical Fitness, Speed, Importance of Speed, Conclusion.

I. INTRODUCTION

Physical Education is sum of those experiences which come to the individual through movement. Physical Education, an integral part of the total education process, is a field of Endeavour that as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome.

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and ex-military personnel have proven, callisthenic exercises are suitable for older exercisers looking to maintain a high level of fitness despite worn joints.

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.

II. THE IMPORTANCE OF CALLISTHENIC

Callisthenic are exercises that use your body weight 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.

III. 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.
- One of the greatest advantages about callisthenic exercises are the **synergistic benefits**.
- Bodyweight exercises such as lunges, press ups, jumping jacks, squats and step ups can be performed just about any-where.
- It's very easy to adjust the difficulty of callisthenic exercises according to your fitness and strength levels.

IV. PHYSICAL FITNESS

Motor ability is also one of the important aspects for physical education activity. The components at motor ability are speed, agility, co-ordination, strength, flexibility, endurance etc. Motor fitness has been defined as the present acquired and innate ability to perform motor skill of a general or fundamental nature, execution at highly specialized sports of gymnastic techniques.

V. THE IMPORTANCE OF PHYSICAL FITNESS

Children are not born with perfect motor skills, but rather motor development happens through learning and practice. Mastery of motor movements is a combination of physical growth and developing skills through experience. Motor skills not only enable children to walk or play sports but also to write or make art. Without proper motor skill development, children might struggle in school or might not receive the appropriate amount of physical activity.

VI. THE BENEFITS OF PHYSICAL FITNESS

- Because skills make up such a large part of human life, scientists and educators have been trying for centuries to understand the determinants of skills and the factors that affect their performance.
- The knowledge gained is applicable to numerous aspects of life.

VII. SPEED

Speed is the ability to execute motor actions under given conditions in minimum possible time. The speed ability is highly movement specific.

Speed is the performance pre-requisite to do motor actions under given conditions (movement task, external factors, individual pre-requisites) in minimum time, speed is a determining factor in the explosive sports such as sprints, jumps and most field sports.”

VIII. IMPORTANCE OF SPEED

- Speed training is very important of sport.
- Many athletes training hours upon hours just to gain extra boost to or half second of speed.
- It rally is the difference that separates the elite level of athletes from all the rest.
- Hopefully to speed training should be taken for improvements in your speed.
- Speed is the ability of an athlete to ability of an move as possible through the optimal range of motion, in deliberate and intentional manner in a particular direction.

TABLE I. TABLE SHOWS MEAN, SD AND T-VALUE OF SPEED [50MTRS DASH] BETWEEN EXPERIMENTAL GROUP AND CONTROL GROUP PRE-TEST AND POST-TEST

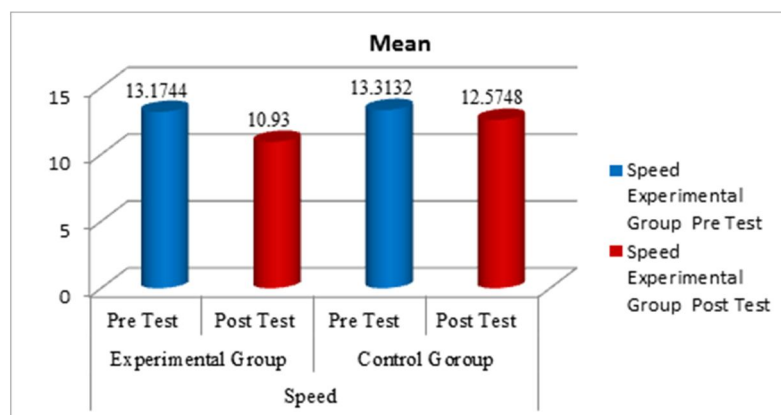
Variable	Group	Test	Mean	S. D	Df	t-value	P-value	Significant
Speed	Experimental Group	Pre Test	13.1744	1.85417	24	4.981	.000	S
		Post Test	10.9300	1.27968				
	Control Group	Pre Test	13.3132	1.77116	24	1.504	1.27	NS
		Post Test	12.5748	1.58250				

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

The Experimental 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 13.17, Post-test 10.93, Standard Deviation Pre-test 1.85, Post-test 1.27 The Variables of the study clearly shows that the impacts of callisthenic exercises increase the Speed Measure By the 50mtr dash in seconds. The t- value is 4.98, 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 13.31, Post-test 12.57, Standard Deviation Pre-test 1.77, Post-test 1.58, The Variables of the study clearly shows that the impact of callisthenic exercises increase the Speed dose not play any role for Measure By the 50mtr dash in seconds. The t- value is 1.50, this indicate there is no significant difference between Pre-test and Post-test of the Subject.

Showing the Pre-test and Post-test for Speed



The above figure clearly indicates that the six weeks’ callisthenic exercises training performance is drastically improved speed of the Experimental Group.

IX. CONCLUSION

On the basis of the result the following conclusions were drawn; the six weeks' callisthenic exercises training improve the physical fitness of Primary School Children's.

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