THE EFFECTS OF AEROBIC TRAINING ON TRIGLYCERIDE LEVEL OF MALE SPORTS PERSONS

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Methodology Was Used For The Lipid Profile:

Following methods was used for evaluating the lipid profile. For evaluating the lipid profile of the subjects, 12-hour fasting Blood samples of both the aerobic and anaerobic groups was taken before and after the training programme.

The blood sample was analyzed for

- Serum Cholesterol
- Triglyceride (TG)
- High Density Lipoprotein (HDL.)
- Low Density Lipoprotein (LDL.)
- Very Low Density Lipoprotein (VLDL)

Lipid Profile Tests

- Cholesterol estimation test.
- Triglycerides Estimation Test.
- HDL Cholesterol Estimation Test
- VLDL-C Estimation Test
- LDL- C Estimation Test

Training Programme:

The following training program was given to the subjects:-

I. Aerobic Training:

a. From basal to 2 weeks, 40 W load intensity of exercise.

b. From 2 to 4 weeks, 60 W load intensity of exercise.

c. From 4 to 6 weeks, 80 W, Load intensity of exercise.

II. Anaerobic Training:

a. Sprinting from basal to 2 weeks: 40 Mtr
b. Sprinting from 2 weeks to 4 weeks: 60 Mtr
c. Sprinting From 4 weeks to 6 weeks: 80 Mtr.
d. Weight lifting: Number of repetition was increased gradually
e. Weight resistance exercise: Weight was increased gradually according to their weight and heigh.
f. Dumb bells: Number of repetition was increased

TOOLS USED

i. Portable Weight Machine
ii. Anthropometric rod
iii. Bicycle Ergo meter
iv. Weight lifting machine
v. Dumb bells
vi. Stop Watch
vii. Spectromic 20 Colorimeter
viii. Microscope
ix. Neubar-counting slide
x. Red blood cells fluid (0.9/Nacl. Sol.)
xi. Pipette
xii. Cover slip
xiii. Spirit and water
xiv. Clean cloth

Methodology Was Used For The Resting Pulse Rate And Rbc Count:

The resting pulse rate and R.B.C. count was tested after 2 weeks, 4 weeks and 6 weeks of both aerobic and anaerobic groups.

The following method was used for resting pulse rate:

Resting Pulse Rate:

The resting pulse rate was taken early in the morning when the subjects are still at bed and at the time when the subjects are going to the bed at night.

Red Blood Cells

Thoma-zeiss Haemocytometer method was used. The blood was taken on the nebular counting slide, which is already adjusted on the microscope, first at low power, then at high power and finally placing with cover slip.

R.B.C. Calculation

The following formula was applied for calculation of total number of red blood cells:

Total number of Red Blood Cells: X / 64 x 4000 x 200 where x /64 = numbers of red blood cells in sixty-four small squares.

4000 = reverse the cubic capacity of each square.

200 = dilution of blood.

STATISTICAL TREATMENT OF THE DATA

Statistical methods play very significant role in the interpretation of the numerical data obtained from the subjects by giving numerical expressions to the relationship and the variations with respect to different aspects. Keeping in view the aims of the study following statistical tools was used for the interpretation of Data.

DISCUSSION ON RESULTS

Within the limitations of the present study, the following conclusions have been drawn:

1. The effects of aerobic training on triglyceride level of male was more than the effects of anaerobic training on triglyceride level but not significance, therefore hypotheswas was accepted. So, there was no significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (triglyceride) of male sport persons at 0.05 levels.
2. The effects of aerobic training on triglyceride level of female was also more than the effects of anaerobic training on triglyceride level but not significance, therefore hypotheswas was accepted. So, there was no significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (triglyceride) of female sport persons at 0.05 levels.
3. The effects of aerobic training on LDL level of male were more than the effects of anaerobic training on LDL level and it was significant at the level of .05, hence the hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (LDL) of male sport persons.
4. The effects of aerobic training on LDL level of female was more than the effects of anaerobic training on LDL level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (LDL) of female sport persons.
5. The effects of aerobic training on HDL level of male was more than the effects of anaerobic training on HDL level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, there was significant difference in Aerobic and Anaer (HDL) of male sport persons.
6. The effects of aerobic training on HDL level of female was more than the effects of anaerobic training on HDL level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, there was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (HDL) of female sport persons.
7. The effects of aerobic training on VLDL level of male was more than the effects of anaerobic training on VLDL level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, there was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (VLDL) of male sport persons.
8. The effects of aerobic training on VLDL level of male was more than the effects of anaerobic training on VLDL level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, there was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (VLDL) of male sport persons.
9. The effects of aerobic training on total chelostrole level of male was more than the effects of anaerobic training on total chelostrole level and it was significant at the level of .05 hence, the

hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (total chelostrole) of male sport persons.

10. The effects of aerobic training on total chelostrole level of female was more than the effects of anaerobic training on total chelostrole level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on Lipid Profile (total chelostrole) of female sport persons.
11. The effects of aerobic training on pulse rate level of male was more than the effects of anaerobic training on pulse rate level and it was significant at the level of .05 hence, the hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on pulse rate of male sport persons.
12. The effects of aerobic training on pulse rate level of female was more than the effects of anaerobic training on pulse rate level it was significant at the level of .05 hence, the hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on pulse rate of female sport persons.
13. The effects of aerobic training on RBC level of male was more than the effects of anaerobic training on RBC level it was significant at the level of .05 hence, the hypotheswas was rejected. So, There was significant difference in Aerobic and Anaerobic exercwases on RBC of male sport persons.
14. The effects of aerobic training on RBC level of female was more than the effects of anaerobic training on RBC level it was significant at the level of .05 hence, the hypotheswas was rejected. So, there was significant difference in Aerobic and Anaerobic exercwases on RBC of female sport persons.

In last after analysis of results we can say there are aerobic training is more effective for maintain the lipid profile

American Heart Association endorses the National Cholesterol Education Program (NCEP) guidelines for detection of high cholesterol (2002)' revealed that the 20 week aerobic training decreases the low-density lipoprotein (LDL) or "bad" cholesterol and increases the high-density lipoprotein (HDL) or "good" cholesterol.

RECOMMENDATION:-

To improve the existing state to affairs the investigator gives following recommendation;-

1. It is recommended that stress should be laid on creating the more interest in parents of High and Sen. Sec. School children toward physical education activity. To achieve the aim of producing the harmoniously developed citizens. We must have a well planned physical education programme at school level.
2. Physical Education should form the integral part of the curriculum of educational institutions.
3. Parents should be awarded about the participation of their daughter in Physical Education activities so that they may restrict their participation.
4. Similar study may be conducted in different regions of the country to discover variations in the attitude of parents of regional basis.
5. A Similar study may be undertaken to assess the attitude of the parents of the students of different government schools as the present study did not have subjects from government schools.
6. A study may be made to assess the attitude of the parents of the children residing in rural areas.
7. A similar study may be undertaken on all the classes and all the age groups starting from Class-1 to Post Graduate and from all types of schools and colleges such as government, private engineering, arts colleges etc.

SUGGESTION: -

The result of the present study will have an important bearing on planning for future programming of physical education and sports and the remedial measures to be undertaken to educate the parents regarding the values of physical education and sports towards educational goals and development of personality of students. The results of the present study will also be significant in the following ways:

1. Finding of the present study will help the Physical Education Professionals, coaches and Sports Scientists to understand the role and attitude of parents in promoting Physical Education and Sports.
2. The findings of the present investigation will provide scientific evidence to the society regarding their attitude, which may be helpful in developing a Physical Education and sports Culture.

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