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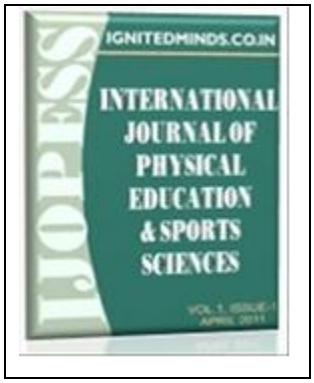
Effect of 7 Week Conditioning Program on Body Fat Percentage among Male and Female



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ABSTRACT

The purpose of this study was to determine the effect of physical conditioning programme on body for percentage and lean body mass. To facilitate this study thirty (30) students studying at Department of Physical Education, Lovely Professional University, Punjab were taken randomly as subjects and divided into two equal groups namely male and female group. The pretest and posttest were taken before and after the completion of seven (07) weeks of conditioning programme. Dependent 't' test was applied to find out effect of conditioning programme of seven (07) weeks. Level consisted of circuit training, continuous running, strengthen exercise involving all the body parts. The conditioning programme was administered during the morning time at 6.00 to 6.40 A.M. daily with rest on Saturday and Sunday only and duration of the exercise programme was 40 minutes. After the complete is of seven (07) weeks, physical conditioning programme all the data were collected again under the supervision of research scholar and difference between the initial test and final test was recorded for the statistical analysis. It is found that in case of body fat percentage significant effect was their where as in case of lean body mass no significant effect was found.

INTRODUCTION

Physical health is an important component of total health. The signs of physical health is an individual are "a good complexion, a clean skin, bright eyes lustrous hair with a body well clothed with firm flesh not too fat, a sweet breath, a good appetite, sound sleep, regular activity of bowels and bladder and smooth, easy, co-ordinated movements. All the organs of the body are of unexceptional size and function normally; all the special senses are intact; the resting pulse rate, blood pressure and exercise tolerance are all within the range of "normally" for the individual's age and sex. In the young and growing individual there is a steady gain in weight and in the mature this weight remains more or less then the individual's weight at the age of 25. Scientists and physiologists have been of the view, that body composition and physical components of an athlete, have a lot to do with top level of performance, more than the technique and tactics of a player or a team's physical and physiological characteristics

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helps him for better performance. The research findings shows that a high level of technical is equals lean body weight plus fat weight. The higher percentage of fat, higher the degree of obesity. The body structure of an individual plays an important role on his performance. One aspect of the scientific approach, which is receiving greater attention is that of body compositions.

METHODOLOGY

The purpose of the study was to find out the effect of conditioning programme on body fat percentage among male and female. The subjects for this study were thirty (30) students in the age group of 18 top 25 years. The subjects were selected from the Department of Physical Education, Lovely Professional University, Punjab. The test item was selected for the study was body fat percentage measured from four body places.

- Biceps
- Triceps
- Subscapularis
- Super iliac

In the beginning of academic session of Department of Physical Education, Lovely Professional University, Punjab initial data (Pre-Test) was collected at various selected variable. After collecting initial data all the selected subjects were undergone there seven weeks of conditioning programe. Consist of various type of exercise involving all the body parts. Duration of this conditioning programe was of 40 minutes daily five day a week under the supervision of the concerned Faculty In charge of Department. After completing the seven weeks of the physical conditioning program Post-Test final data were collected.

ADMINISTRATION OF TEST

Body Composition was measured with the help of skin fold caliper. Right side of the body was used to determine the percentage of fat. The thickness of the skin and subcutaneous fat was grasped between the thumb and the index finger and measurement was taken to the nearest millimeter. To eliminate error, reading has been taken between three to four second; if this precaution had not been taken, the skin fold may decrease because the tissue being squeezed out from the jaws of the caliper. The thickness was taken from the following four sites Biceps, Triceps, Sub scapular and Super iliac. After taking the Biceps, Triceps, Subscapularis, Super iliac measurement, they was added together and percentage of fat of subject will be obtained with the help of given formula Mass fat and lean weight had found. Formula used for Fat Mass and Lean Body Mass was

Fat Mass = (Body Weight X Fat Percentage) / 100

Lean Body Mass = Total Body Weight – Fat Weight (Mass)

To find out the effect of 7 weeks of conditioning program on selected variables Pre and Post collected data was analysis by applying Parried T Test was applied at 0.05 level of significance.

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FINDING

TABLE NO. 1

COMPARISON OF MEAN VALUES OF PRE AND POST TEST OF BODY FAT PERCENTAGE OF MALE

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	18.17	3.84	5.86	1.68	3.483*
Post-test	24.03	3.76			

* Significant at 0.05 level of significance 't' (0.05) (14) = 2.05

Table 1, shows that there is significant difference among pre and post data of body fat percentage of male as calculated value t-ratio 3.483 is higher than tabulated t-ratio 2.05. Thus, it is proved that seven weeks of physical conditioning programme had positive effect on body fat percentage.

TABLE NO. 2

COMPARISON OF MEAN VALUES OF PRE AND POST TEST OF BODY FAT PERCENTAGE OF FEMALE

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	25.37	3.52	1.33	0.21	6.325*
Post-test	24.03	3.76			

* Significant at 0.05 level of significance 't' (0.05) (14) = 2.05

Table 2, shows that there is significant difference among pre and post data of body fat percentage of male as calculated value t-ratio 6.325 is higher than tabulated t-ratio 2.05. Thus, it is proved that seven weeks of physical conditioning programme had positive effect on body fat percentage.

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TABLE NO. 3

COMPARISON OF MEAN VALUES OF PRE AND POST TEST OF LEAN BODY MASS OF MALE

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	52.53	4.27	0.63	0.53	1.183
Post-test	51.90	4.47			

* Significant at 0.05 level of significance 't' (0.05) (14) = 2.05

Table 3, shows that there is significant difference among pre and post data of body mass of male as calculated value t-ratio 1.183 is lesser than tabulated t-value 2.05. thus, it is proved that seven weeks of physical conditioning programme had no effect on lean body mass of male.

TABLE NO. 4

COMPARISON OF MEAN VALUES OF PRE AND POST TEST OF LEAN BODY MASS OF FEMALE

Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Pre-test	43.32	4.97	2.15	2.19	0.983
Post-test	41.17	8.31			

* Significant at 0.05 level of significance 't' (0.05) (14) = 2.05

Table 4, shows that there is no significant difference among pre and post data of lean body mass of male as calculated value t-ratio 0.983 is lesser than tabulated t-value 2.05. thus it is proved that seven weeks of physical conditioning programme had no effect on lean body mass of female subjects.

DISCUSSION OF FINDINGS

Kentucky conducted a study to find out the effect of training upon body weight excess fat and lean tissue and find out that after seven weeks of conditioning programme excess fat was disappeared. Significant gains of lean tissue and loss of fat are in evidence the heaviest girls more fat and gained lean body tissue than the lightest female, who lost less excess fat and gained more lean body tissue.

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The study indicates that after seven weeks of inactivity, excess fat increases. In the same way it is evident from the result of the present study of 18 to 25 years of both gender body fat percentage like biceps, triceps, sub scapular, super iliac, total fat, body fat, body weight, fat weight, lean body. So it can be concluded that the study reveal that biceps fat decrease, triceps fat decreases, sub scapular fat decrease, super iliac fat decrease, total fat decrease, body fat decrease, body weight decrease significantly by physical activity. whereas there is no effect on lean body mass.

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