

Effects of Physical and Exercise, on Lipid Profile of Male and Female Secondary School Players of Bhiwani District. (LDL-Cholesterol)

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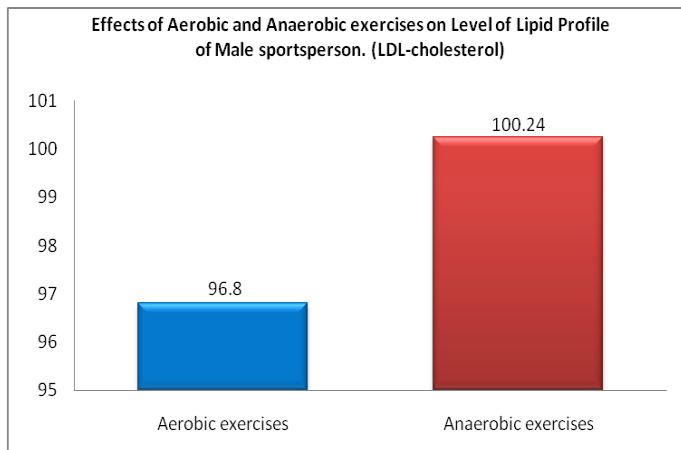
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Type of exercise	Pre test Mean (N-25 each)	Post test Mean (N-25 each)	M D	SED	t-test
Physical ,	125.84 mg/dl	96.8 mg/dl	3.44	.98	3.51
Exercise ,	126.04 mg/dl	100.24 mg/dl			

* Significant Value .05.

The table: represent the mean scores output of the LDL Level of male after physical , and exercise ,. The mean score of male sports person before physical and exercise , were 125.84 and 126.04 mg/dl respectively. The mean score of LDL Level of male after physical , were 96.08 mg/dl and the mean score of LDL Level of male after exercise , were 100.24 mg/dl respectively, the M.D. was 3.44 mg/dl and the S.E.D. of LDL of male was .98 mg/dl. The t-value in the table was 3.51 which was higher than the tabulated value (2.576). it was significant at .05 level Therefore hypothesis was rejected.



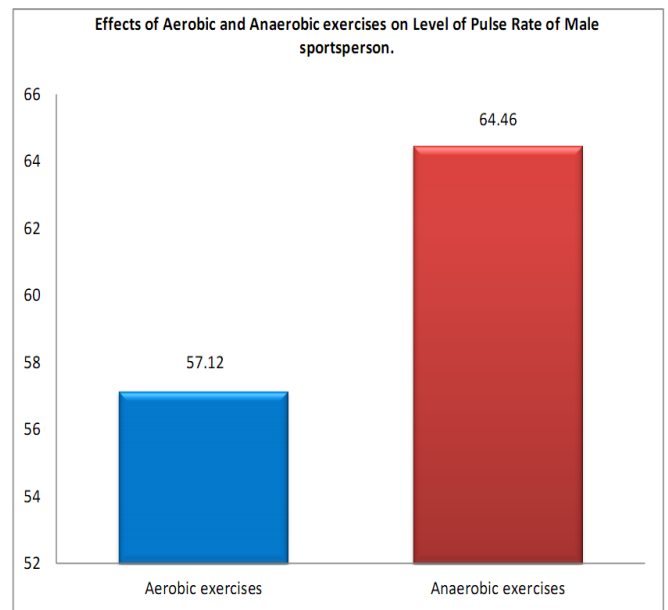
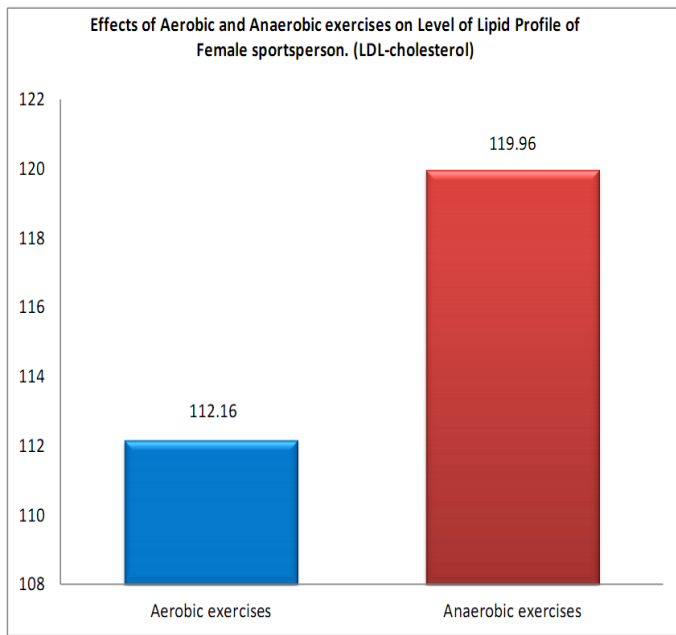
Effects of Physical and Exercise , on Lipid Profile of Female Secondary school players of Bhiwani district.

(LDL-cholesterol)

Type of exercise	Pre test Mean (N-25 each)	Post test Mean (N-25 each)	M D	SED	t-test
Physical ,	134.4 mg/dl	112.16 mg/dl	7.8	1.86	4.19
Exercise ,	134.76 mg/dl	119.96 mg/dl			

* Significant Value .05.

The table: represent the mean scores output of the LDL Level of female after physical, and exercise,. The mean score of female sports person before physical and exercise, were 134.4 and 134.76 mg/dl respectively. The mean score of LDL Level of female after physical, were 112.16 mg/dl and the mean score of LDL Level of female after exercise, were 119.96 mg/dl respectively, the M.D. was 7.8 mg/dl and the S.E.D. of Triglyceride of female was 1.86 mg/dl. The t-value in the table was 4.19 which was higher than the tabulated value (2.576). It was significant at .05 level. Therefore hypothesis was rejected.



Effects of Physical and Exercise , on Pulse Rate of Male Secondary school players of Bhiwani district.

Type of exercise	Pre test Mean (N-25 each)	Post test Mean (N-25 each)	M D	SED	t-test
Physical ,	70.04 beats	57.12 beats	7.34	1.29	5.68
Exercise ,	70.64 beats	64.46 beats			

* Significant Value .05.

CONCLUSION

The table represent the mean scores output of the Pulse Rate of physical , and exercise ,. The mean score of male sports person before physical and exercise , were 70.04 and 70.64 beats respectively. The mean score of Pulse Rate of male after physical , were 57.12 beats and the mean score of Pulse Rate of male after exercise , were 64.46 beats respectively, the M.D. was 7.34 beats and the S.E.D. of pulse rate of male was 1.29. The t-value in the table was 5.68 which was higher than the tabulated value (2.576). It was significant at .05 levels, Therefore hypothesis was rejected.

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