

Comparison of Selected Physical and Physiological Parameters between Obese and Non-Obese Men

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Abstract – The purpose of the study was to compare the selected physical and physiological parameters such as cardio respiratory endurance and resting pulse rate between obese and non-obese men. To achieve this purpose of the study, thirty men obese students and thirty men non obese students study in the Pachayappa's College, Chennai, Tamilnadu, India were selected as subjects were ranged from 17 to 24 years. Among the physical fitness and physiological components the following variables namely cardio respiratory endurance and resting pulse rate were selected. And they were tested by using Cooper's 12 min Run / walk and Radial Pulse. The data were collected on selected criterion variables and they were statistically analysed by using independent 't' ratio. In all the cases, .05 level of confidence was fixed to test the significance. The results of the study showed that there was a significant difference between obese men and non-obese men on selected criterion variables such as cardio respiratory endurance and resting pulse rate.

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INTRODUCTION

The scientific research in the fields of Physical Education and Sports is a precious benefit to athletes and trainers. The Physical Education Scientists have been trying to develop new methods of training and techniques to attain higher level of performance in games and sports, through research in physical education and sports. Physical activities and sports serving as vehicles to achieve and maintain social relationship with other people. Sports for all become very popular slogan all over the world today.

METHODOLOGY

The purpose of the study was to compare the selected physical and physiological parameters such as cardio respiratory endurance and resting pulse rate between obese and non-obese men. To achieve this purpose of the study, thirty men obese students and thirty men non obese students study in the Pachayappa's College, Chennai, Tamilnadu, India, were selected and the age of the subjects were ranged from 17 to 24 years. Among the physical fitness and physiological components the following variables namely cardio respiratory endurance and resting pulse rate were selected. And they were tested by using Cooper's 12 min Run / walk test and Radial Pulse. The data were collected on selected criterion variables and they were statistically analysed by using independent 't' ratio. In all the

cases, .05 level of confidence was fixed to test the significance.

ANALYSIS OF THE DATA

The mean, standard deviation and 't' ratio values on each criterion variables were analysed separately and presented below.

TABLE I

THE MEAN, STANDARD DEVIATION AND 't' RATIO VALUES ON CARDIO RESPIRATORY ENDURANCE OF OBESE AND NON OBESE MEN

Groups	Mean	S.D	't' ratio
Obese men	1105	27.80	6.45*
Non Obese men	1211	25.48	

* Significant at .05 level confidence.

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table I shows that the mean values on cardio respiratory endurance for obese men and non-obese men were 1105 and 1211 respectively. The obtained 't' ratio value on cardio respiratory endurance 6.45 which was greater than the table value required for significance with df 58 was 2.002. The results of the study showed that there was a significant difference between obese and

non-obese women on cardio respiratory endurance.

The mean, standard deviation and 't' ratio values on resting pulse rate was analysed separately and presented below.

TABLE II

THE MEAN, STANDARD DEVIATION AND 't' RATIO VALUES ON RESTING PULSE RATE OF OBESE AND NON OBESE MEN

Groups	Mean	S.D	't' ratio
Obese men	57.2	2.87	4.85*
Non Obese men	62.4	2.51	

* Significant at .05 level confidence,

(The table values required for significance at .05 level of confidence with df 58 was 2.002).

The table II shows that mean values on resting pulse rate for obese men and non-obese men where 57.2 and 62.4 respectively. The obtained 't' ratio value on resting pulse rate 4.85 which was greater than the table value required for significance with df 58 was 2.002.

The results of the study showed that there was a significant difference between obese and non-obese men on resting pulse rate.

RESULTS

1. There was a significant difference between obese men and non-obese men on cardio respiratory endurance.
2. There was a significant difference between obese men and non-obese men on resting pulse rate.

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