

## **The Effect of Recreational Activities on 12 minute run of School Male Gymnastic Players of Uttar Pradesh**

**Pramod Sikoria**

*Phd Scholar*  
*Singhaniya University*

**Prof. Rakesh Dubey**

*supervisor / Guide*  
*Singhaniya University*

### **Introduction**

Recreation refers to experiences and activities chosen and pursued by the individual in his/her free time; the basis being that the experience sought and activities pursued, in the real sense of the word, 're-creates' the individual so that he/she may be refreshed to enable him/her to resume daily obligations, whatever those may be John (1985). Recreation consists of an activity or experience, usually chosen voluntarily by the participant, either because of the immediate satisfaction to be derived from it, or because he perceives some personal or social values to be achieved by it. It is carried on in leisure time, and has no work connotations, such as study for promotion in a job. It is usually enjoyable and when it is carried on as part of organized or community services, it is designed to meet constructive and socially worthwhile goals of the individual participant, the group and society at large Richard (1996).

Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. It also improves mental health and is important for the health of muscles, bones and example; it improves cardio respiratory endurance, flexibility, and muscular strength and endurance USDHHS (1996). People who are moderately active on a regular basis have lower mortality rates than sedentary people. Research has found that people who are physically active tend to be healthier than those who are not.

The greatest gains in health occur when individuals progress from an inactive lifestyle to being moderately active USDHHS (1996). Outdoor recreation often comprises several kinds of activity. Bird watching, for example, may involve walking, interpreting sounds and visual clues, and socializing with fellow birdwatchers; each of these has its wellness implications. Walking is a common denominator for most forms of outdoor recreation. Walking has been shown to have many health benefits for older adults: managing weight; controlling blood pressure; decreasing risk of heart attack; boosting good cholesterol; lowering risk of stroke; reducing risk of breast cancer and Type 2 diabetes; avoiding need for gallstone surgery; protecting against hip fracture; preventing depression, colon cancer, constipation, osteoporosis, and impotence lengthening life span; lowering stress levels; relieving arthritis and back pain; strengthening muscles, bones, and joints; improving sleep; and elevating overall mood and sense of well-being Nageeb *et al.* (2002).

### **Materials and Methods**

This research was conducted at Jhansi Uttar Pradesh for three consecutive months from November to January. The purposive sampling techniques was used to select the subjects from secondary school male Gymnastic players Uttar Pradesh who participated at district/school level and above, 80 school male Gymnastic players age range 16-19 years old will be select for the study purpose

The materials used for this experimental field study were; step box, measuring tape, balance scale, stop watch, volleyballs, footballs, jumping rope and table tennis.

Both primary and secondary source of data were used for this study, so the primary data were obtained from the experimental variables according to the designed physical fitness tests and secondary data were obtained from different documents, journals, books, internet sources and unpublished booklets research work was focused on experimental field study within 12 weeks of active recreational activities on improvement of 12 min Run . A single subject design was used for this research study. A single subject design is an experimental or longitudinal design in which measurements are taken repeatedly before, during and after an intervention. The researcher selected (N=40) students with age group of 16-19 years old through required parameters of purposive sampling technique. The pre, training physical fitness tests of 12 minutes run test were given in November 1<sup>st</sup>.

After pre training tests, regular trainings of walking, jogging, rope jumping, table tennis, volley ball, football 1.2 km walking, Observing nature, bird observation, small mountain climbing, admiring nature and other warming up and stretching exercises were given up to December 14<sup>th</sup>. During (mid) training physical fitness tests of 12 minute run test were given on 15<sup>th</sup> of December then regular training continued up to the end of third month and post training tests were given in January 1<sup>st</sup>. Indeed the role of active recreational activities on improvement of physical fitness components among secondary school male Gymnastic players of Uttar Pradesh who participated at district/school level and above were studied according to work plan. Principle of progression was kept in mind on intensity, frequency and time during training session.

### Results and Discussion

The purpose of this study was to investigate the role of active recreational activities on improvement of 12 min Run among secondary school male Gymnastic players of Uttar Pradesh. 40 students with age ranges from 16-19 years old were selected through purposive sampling from secondary school male Gymnastic players of Uttar Pradesh who participated at district/school level and above and subjected to three month active recreational activity program. Then push up test, 12 minute run test and sit and rich test were taken 3 times (pre, during and post) to evaluate whether muscular endurance, cardio vascular and flexibility improvement was there or not. Then results of those variables were discussed as follows

Mean and Standard Deviation Values of 12 Minutes Run Test (Pre, During and Post Test) Result of Study Subjects

Variable	Experimental group		
	PT Mean ±SD	DT Mean ±SD	POT Mean ±SD
TMRT	1.5022±.06403	1.6275 ±.05768	1.7925±.6299

The above showed that there was significance difference before the exercise and after 12 weeks of active recreational activities on individuals' twelve minute run test performance. The mean values of 12 minute run test (in mile ) was 1.5022 before active recreational activities, which was improved to 1.6275 during test and improved by 1.7925 after 12 week active recreational activities test, this means the 12 minute run performance was improved by 0.2903 mile (467.39 m) after 12 weeks of active recreational activities; which was statistically significant. Therefore, this finding showed that continues recreational activity training program (3 months) elicited a statistically significant improvement on twelve minute run test performance of the subjects. The 12 minute run test result was compared with international push up norms standards among similar age groups that ranges from 16-19years (Cooper, 1968) or (www.brainmac.co.uk/gen test.htm)). The mean value of 12 minute run test result in this study was 1.7925 mile (2885.93) which was found in **good standards** (Norm ranges b/n 1.72 (2769m) and 1.85(2978.5m) miles) after 12 weeks of active recreational activity programs.

The Mean Difference Value and Significance Level of Each Test Result of the Parameters

Variables	Para. (I)	Para. (II)	MD (I-II)	F	Sig.
12 minute run test	PoT	PT	0.290	7.836	0.000
		DT	0.165		0.000

The above showed that there was significant mean difference in 12 minute run test results. The mean difference value for 12 minutes run is 0.290 and 0.165 mean difference was recorded from pre to post and during to post respectively. The calculated F value was also found greater than the required value. This proved that there was significant difference in the result of 12 minutes run test also have significant difference because the calculated F value was found more than the required value after the 12 weeks of recreational activities.

### Summary, Conclusions and Recommendations

#### Summary

The study assessed the role of active recreational activities on improvement of cardiovascular endurance among secondary school male Gymnastic players Uttar Pradesh who participated at district/school level and above. In this study, the role of active recreational activity programs on the improvement of cardiovascular endurance were investigated. The dependent variables selected for the study were muscular endurance,

cardiovascular endurance and flexibility. Experimental measurements used were 12 minute run test with in 3 time intervals (pre, during and post test) each.

The data were collected; before the training program was started, one and half month during training program and at the end of 3 months training program. Finally the recorded data were analyzed by ANOVA with repeated measures with significance level of 0.05%. Final result of the study summarized and demonstrated that the results of pre to post training tests showed a significant and progressive improvements in selected health related physical fitness components of the subjects.

All in all, due to the remarkable improvements seen in all the component variables tested, we can conclude that; active recreational activity played a great role on health related physical fitness performance of study subjects.

### Conclusions

Based on the major findings of the study the following points were stated as a conclusion.

- The result of the study showed that active recreational activities bring a significant benefit on improvement of muscular endurance performance.
- The output of the study showed that active recreational activities provide a significant improvement on cardiovascular endurance performance.

### Recommendations

Based on results, discussions and findings of the research done on the role of active recreational activities on improvement of selected health related fitness components; the following recommendations were made.

- Since the goal of Indian ministry of education is producing physically and mentally productive man power and active recreational activities are a key solution; they should give big attention for it.
- Physical education teachers, coaches, health professionals, and school leaders should be aware to understand, formulate and implement more effective strategies of promoting active recreational trainings and equipments.
- Curriculum developers and policy designers should concentrate on active recreational activity programs, equipment and facilities that support active living for all students.
- Physical education teachers and coaches should make their training session through active recreational activity depending on training principles.

### References

- [1]. AARP (American Association of Retired Persons).2008. Walking has numerous benefits. From [www.aarp.org/health/fitness/walking/a20040617.html](http://www.aarp.org/health/fitness/walking/a20040617.html) Nov.23, 2012
- [2]. ACER (Australian Council for Educational Research). 2011. Evaluation of the Sporting Chance Program. Melbourne:
- [3]. Ainsworth, B. 2000.*Compendium of Physical Activity: An Update on Activity Codes and Intensities*. Medicine and Science in Sports and Exercise 32: 498–504.
- [4]. ACW (Alberta Centre for Wellbeing).1989.Wellness Defined. Retrieved Aug.3, 1994, from <http://www.centre4activeliving.c/>.
- [5]. Allard, T., Ogilvie, J. and Stewart, A. 2007. The efficacy of strategies to reduce juvenile offending. Brisbane: Justice Modeling at Griffith, Griffith University.
- [6]. ARC (American Recreation Coalition).2000. Outdoor recreation in America 1999: The family and the environment. Washington, D.C. Roper Starch.
- [7]. ARC (American Recreation Coalition). 2006. *Outdoor recreation in America: Addressing key societal concerns*. Washington, D.C. Rope Starch.
- [8]. Bryan, H. 1990. Conflict in the Great Outdoors: Toward understanding and managing for diverse sportsmen preferences. Tuscaloosa, al: university of Alabama.
- [9]. Campbell, T. and Cornelssen, R. 2004. *Outdoor locations and activity: physical activity obesity levels and health outcomes*. Halms, university of Wheston.
- [10]. Chu, C., and Simpson, R.1994. *Ecological Public Health: From Vision to Practice*. Institute of Applied Environmental Research, Griffith University, Queensland, Australia, and Centre for Health Promotion, University of Toronto, Canada.
- [11]. Cunningham, J. and Beneforti, M. 2005. Investigating indicators for measuring the health and social impact of sport and recreation programs in Australian Indigenous communities. *International Review for the Sociology of Sport* 40(1):89–98.

- [12]. Damian, C., Bernared, A., Shenghan, L. and Joseph, F. 2009. The effect of an active assisted stretching program on functional performance in early persons: A pilot study.
- [13]. David, G. and Pelegrino, D. 2003. *Reflections on the Park and Recreation*. Movement Dubuque, Iowa, William C. Brown, p. 7-8.