



IMPACT OF BRISK WALKING TRAINING ON SELECTED PHYSIOLOGICAL VARIABLES AMONG FEMALE ATHLETES

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Abstract

The purpose of the study was to find out the "Impact of Brisk walking training on selected physiological variables among Female Athletes". Forty Female Athletes players aged between 18 to 25 years were selected randomly. They were divided into two groups the experimental group I was given Brisk walking training for five weeks and control group was not allowed to participate in any training programme. Pre-test was conducted dependent variables such as a Resting pulse rate at the beginning before the experimental treatment and post-test was taken after the experimental treatment. The data were analyzed by applying dependent mean and 't' test. The results revealed that the Brisk walking training had significantly decreased the Resting pulse rate.

Keywords: *Brisk walking training, resting pulse rate, Female Athletes.*

Introduction

Brisk walking is different from ordinary walking and can be defined as walking in a pace of more than three miles per hour. In other words, practicing the activity of brisk walking you would be able to cover a mile in 20 minutes. It is a moderate-intensity workout accompanied by a wide array of benefits, both from a fitness perspective and a health perspective. We already mentioned the average speed which is typical for a brisk walker. However, fitness level is above the average, it may be different.

For instance, individuals with more fitness preparation may not reach the moderate-intensity exercise zone walking at a 3.0 mph speed. The speed may need to increase to 4.0 mph or you may need to cover a mile in 15 minutes instead of 20. The idea is to reach a rise in the heart rate and achieve a certain breathing rate. In fact, brisk walking is not so much concerned with the speed at which you are walking but your exertion (measured using your heart rate and breathing rate). The easiest way to know you are brisk walking is trying to speak or sing during the exercise. Speaking should be achievable but singing should not be possible during brisk walking.

Walking on hills is good. The uphill provides cardiovascular benefits and the downhill is known for reducing the blood sugar levels. Walking on hills may not be possible for all of us due to the location constraints. This can be achieved by using some specifically made Treadmills which allow simulating the required inclination. Walking helps burn fat boosts the energy levels and decreases health risks. Many people whose life style is sedentary or who are obese have very low fitness levels due to lack of exercise. Walking is the ideal exercise start for these kinds of people. Walking enables to workout at a steady, which is required to burn fat effectively. To burn fat we need the body to be permanently in fat-burning mode during the whole exercise. Walking is a constant and gradual activity so it achieves fat-burning mode very effectively even if the person lacks some fitness. **(Whichester 1969).**

Hypothesis: It was hypothesized that there would be a significant improvement between pre and post-test due to 5 weeks of Brisk walking training on selected physiological variable among Female Athletes.



- It was hypothesized that there would not be a significant improvement between pre and post-test for control group on selected physiological variable among Female Athletes.
- It was hypothesized that there would be a significant difference between experimental and control group on selected physiological variable among Female Athletes.

Delimitations

- The following delimitations are considered in this study. 40 female intercollegiate Athletes players were selected randomly.
- The experimental group was given Brisk walking training for a period of 5 weeks.
- The subject's age group ranged from 18-25 years.
- The study was restricted to physiological variable such as a resting pulse rate.

Methodology

The purpose of the study was to find out the “Impact of Brisk walking training on selected physiological variables among Female Athletes”. To achieve the purpose of the study 40 female Athletes players in the age group 18 to 25 years were selected at random from Degree College in Vijayapura of Karnataka. Selected subjects were divided in to two groups of experimental I and control group II. Experimental group I brisk walking training group for the training period five weeks five day per week. The control group were maintained their daily routine activities and no special training was given.

Selection of Variables

Brisk Walking training

- Interval Walking
- Treadmill Walking
- Power walking
- Race walking
- Marathon walking

Analysis and Interpretation of Data

The purpose of the study was to find out “Impact of Brisk walking training on selected physiological variables among Female Athletes”. To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the table.

Table 1: Computation of ‘t’ ratio between pre and post test scores of experimental group and control group

Variable	Group	Test	Mean	SD	t- Value
Resting Pulse rate	Experimental Group	Pre-test	58.2500	5.19995	7.495*
		Post-test	39.2500	10.40180	
	Control Group	Pre-test	55.7500	18.47865	.177
		Post-test	56.3500	16.57924	

The level of significant 0.05=Table value =2.000



Table 1 Shows that the experimental group's mean performance value of resting pulse rate of pre-test is 58.2500 and the post test is 39.2500 the post-test resting pulse rate performance is less than pre-test resting pulse rate performance and also the 't'- value is more than the table value. Hence it indicates significant decreased of resting pulse rate. The control group's mean performance value of pre and post-test values are 55.7500 and 56.3500 respectively. The't'- value is less than the table value. Hence the pre and post-test values indicate insignificant.

Figure No.1.The Pre-test and Post-test for brisk walking training Experimental Group and Control Group on Resting Pulse rate performance.

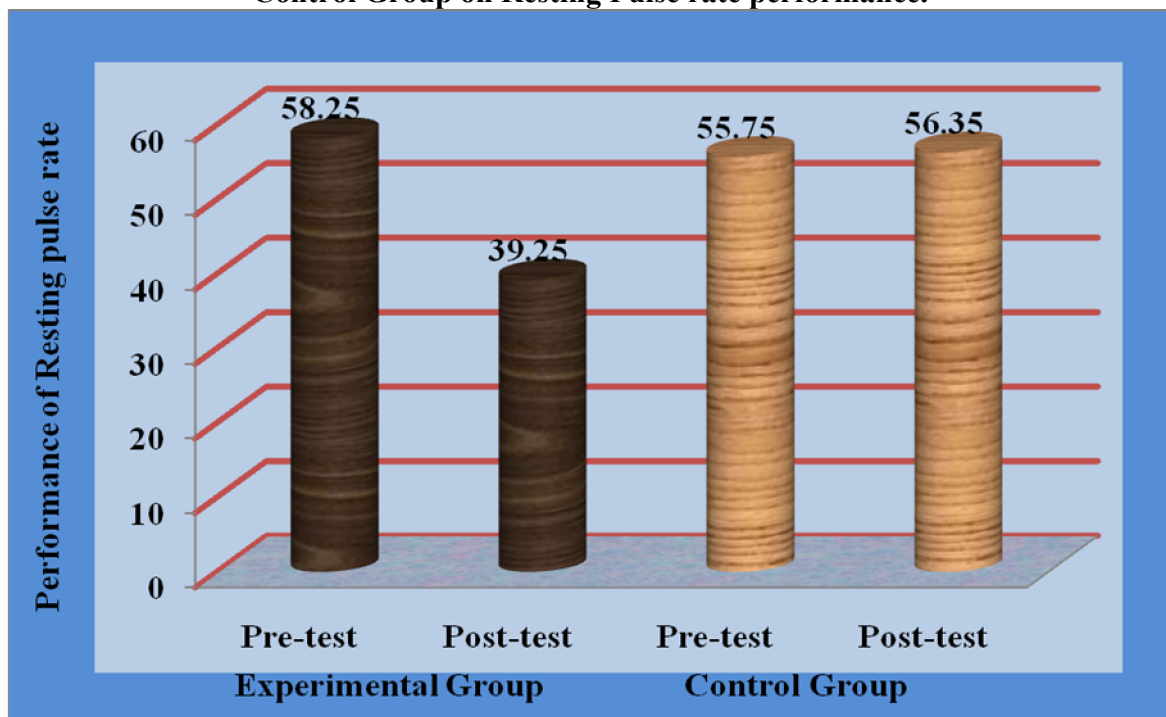


Figure1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Resting pulse rate and also the post-test values of Resting pulse rate were less than the pre test values due to 5 weeks of Brisk walking training. The Control group pre- test and post- test performance of Resting pulse rate shows no improvement.

Summary

The purpose of this study was to find out the “Impact of Brisk walking training on selected physiological variables among Female Athletes”. To achieve this purpose 5 weeks Brisk walking training was given to selected female subjects. To know the Brisk walking training decreased Resting pulse rate performance.

Conclusion

The Brisk walking training group had shown significant improvement in selected physiological variable such as a resting pulse rate among Female Athletes. The control group had not shown any significant changes on selected physiological variable of resting pulse rate among female volleyball Athletes.



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