



IMPACT OF AEROBICS DANCE ON FLEXIBILITY OF HIGH SCHOOL BOYS

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Abstract

The purpose of the study was to determine the effect of Aerobics Dance training programme on Flexibility. Randomly selected 60 high school boys were divided into two equal groups as A and B. After taking the pre-test for Aerobics Dance training programme was given to experimental groups A where as the group B was a control group. The experimental group 'A' had undergone the training programme in Aerobics Dance, thrice a week for 16 weeks. Two middle tests after 5 weeks and 10 weeks and a post test were conducted. The t-test was employed to analyse the significance of difference from the pre-test to post test on selected variable. The result reveals that there was significant improvement in Flexibility for the experimental group as a result of the training programme conducted for a period of four months.

Key Words:- Aerobics Dance, Flexibility, Experimental Group, Control Group



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Introduction

Music and dance are integral parts of a culture and physical educators can provide meaningful physical activity and social development programmes by including more dance in the curriculum. Dance is an integral part of our profession as physical educators, and we should support dance education and dancing in all sectors of physical activity (Wall, Jennifer and Murray Nancy ,1989).

Physical fitness cannot be purchased. It has to be earned through a daily routine of physical exercise. It is evident that fit citizens are a nation's best asset and weak ones are its liability. It is the responsibility of every country to promote physical fitness of its citizens because physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. Many people believe that there is a kinaesthetic sense which is embedded in our bodies, an aesthetic force, which dance experiences can liberate. Dance can

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have far-reaching effects on personality and on the concept of self, so that even children can be given an awareness of their bodies as a physical presence and an instrument of communication during dance lessons- an essential part of their education. Children usually have a sense of rhythm, a natural love for rhythmic movement, and an innate creative ability. How extensively all of these qualities are developed depends upon the opportunities a child has, to express them. Those opportunities are provided by a variety of dance forms. Early study of dance may become a foundation for a life long leisure activity. So the time is ripe for the promotion of serious dance education.

Aerobics dance can best be defined as continuous movement exercise, locomotor movement and dance steps performed to music. The variety and style of the movement and the musical accompaniment provide as many forms of aerobic dance programme as there are interests and tastes of people performing them. In contrast to a competitive or solitary fitness programme, aerobic dance provides an opportunity for people of widely different levels of physical ability to participate together in the same facility, with the same musical accompaniment engaging in exercises and skills which have been choreographed according to the needs of each individual.

Flexibility is the ability of an individual to move the body through as wide a range of motion as possible without undue strain to the articulation and muscle attachments (Dick, Frank,1980). The flexibility is largely determined by the tightness of muscles, tendons and ligaments that are attached to the joint. The more a muscle can stretch, the better the flexibility of the joint. Good flexibility is important for joint health and for the prevention of injuries. Flexibility is a highly adaptable physical fitness component. It increases with regular activity and decreases with inactivity. Flexibility is also specific. Good flexibility in one joint doesn't necessarily mean good flexibility in another.

To measure the flexibility of the lower back and posterior thighs

The subject was asked to remove his shoes and sit on the floor with feet against a standardized Sit and Reach Test apparatus. The apparatus was placed against a wall to prevent it from sliding. The subject was asked to extend the legs fully with the feet about shoulder width apart. The tester holds the subject's knees to ensure they were extended. The subject was asked to extend his arms forward with hands placed on top of each other, bending forward along the measuring scale four times and hold both hands at the maximal position for

1-2 seconds on the fourth trial. The score is the maximum distance reached in nearest half centimeter.

Objective of the study

The purpose of the study was to determine the effect of Dance Aerobics training programme on Flexibility of high school boys. The study may help the people to know the effect of Dance Aerobics, on selected variable of health related physical fitness and probably make an impact on the public to follow Dance Aerobics in the form of body exercises to maintain good health and fitness. Further, this study may educate parents and academicians of school education to include Dance Aerobics in their co- curricular programmes.

Hypotheses

There will be significant improvement in Flexibility as a result of training programme in Aerobics Dance.

Design of the study

Randomly selected 60 high school boys were divided into two equal groups as 'A' and 'B'. After taking the pre-test for Flexibility (Sit and Reach Test), Aerobics Dance training programme was given to experimental groups 'A' where as the group 'B' was the control group. The experimental group had undergone the training programme in Aerobics Dance, thrice a week (ie, on Mondays, Wednesdays and Fridays) for 16 weeks. Two middle tests after 5 weeks and 10 weeks and a post test were conducted.

ANALYSIS OF DATA AND DISCUSSION OF FINDINGS

The t-test was employed to analyse the significance of difference from the pre-test to post test on selected variables. The level of significance chosen was 0.05. The following table of statistical descriptions reveal the effect of training programme in Dance Aerobics

SIGNIFICANCE OF DIFFERENCES BETWEEN THE PRE-TEST AND POST-TEST MEANS OF THE AEROBICS DANCE AND CONTROL GROUPS ON FLEXIBILITY

Groups	Means				MD	SD	SE	't' value
	Initial	First middle test	Second middle test	Final				
Aerobic dance Group (N=30)	20.6833	21.333	22.15	22.7833	2.10	0.4025	0.0735	28.571*
Control Group (N=30)	22.1667	22.17	22.05	22.05	0.1167	0.3130	0.0571	2.041

* Significant at 0.05 level
't' value required at 0.05 level = 2.045 (df 29)

The above table indicates that the Aerobics dance group exhibited significant improvement in flexibility with initial mean score (20.6833) and the final mean score (22.7833). Further, it shows that the obtained 't' value (28.571) is much higher than the tabulated 't' value (2.045) at 29 degrees of freedom. Hence the obtained 't' value was found to be highly significant at 0.05 level. On the contrary, the initial mean value (22.1667) and the final mean value (22.05) of Control group showed negligible difference. Further the obtained 't' value (2.041), is less than the required 't' value (2.045) which was insignificant at 0.05 level. The initial, 2 middle tests and final means of Aerobic dance and Control groups on flexibility are diagrammatically shown below.

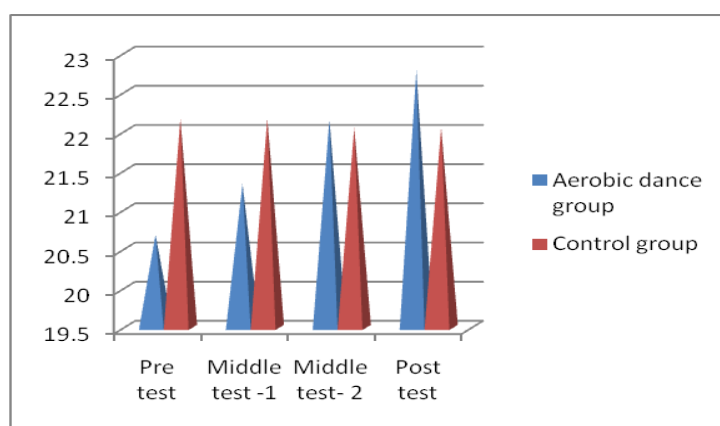


Figure:- Graphical representation of mean difference of aerobic dance and control groups on flexibility

Conclusion

Based on the analysis of statistical results, it was observed that there was significant improvement in Flexibility for the experimental group as a result of the training programme in Dance Aerobics conducted for a period of four months. There was no significant improvement shown by the control group.

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