Comparative Study of Cardio-Vascular Endurance, Flexibility and Body Composition Parameters of Male Physical Education Teachers of Different Districts in Gujarat

Gothi, J. L., Silawat, N. and Savalia, J.
Mahadev Desai Sharirik Shikshan Mahavidyalay, Gujarat Vidyapith (Deemed University) – Ahmedabad (Gujarat)

Abstract

The present study has been conducted with a view to investigate the trend of academic research in Physical Education in Indian Universities, submitted by Post-Graduate students during their master's programme. In this research, it was found that though the academic research made in various Indian Universities has been centered on individual practice, yet research title have been transformed from theoretical translation to step in an intensive study on objective facts. This study was conducted on master's dissertations submitted by the Post-Graduate students during their master's programme in various Indian Universities for their academic purposes.

Key words: Physiology, Psychology and Sports Training

Introduction

Cardio-respiratory fitness is a major component of health-related fitness and depends on a large number of phenotypes associated primarily with cardiac, vascular and respiratory functions. Measurements of sub-maximal exercise capacity and maximal aerobic power are generally performed to assess cardio-respiratory fitness. Body mass index (BMI) is a statistical measure of an individual's weight scaled according to his height. It is a simple index of weight-for-height and is widely used by medical, health and fitness professionals to classify underweight, overweight and obesity in adults. BMI is a useful tool and for most individuals is an accurate way to classify weight, but it should be used along with other measurements as it does have limitations. However, individuals can calculate their BMI without the use of expensive equipment or special knowledge. BMI is calculated by dividing weight (in kilograms) by height (in meters) squared. The World Health Organization defines overweight as a BMI of 25.0 to 29.9 and obesity as a BMI greater than 30. A BMI value of 19.5 to 24.9 is considered normal, and less than 18.5 is defined as underweight. For children and adolescents, weight status must be determined through comparison of the child's BMI with age- and gender-specific values (BMI growth curves). Our bodies are made up of a lot of different kinds of tissues (plus a lot of water). There is muscle, fat, bone, and specialized tissue such as is in our various organs. The body fat percentage is just that – the percentage of our weight which is made up of fat. Body fat percentage is similar to terms such as *body fat ratio* and *body composition*. The review of literature indicates that with an increase in age there is a decline Cardio respiratory fitness that is related to cardiovascular endurance, flexibility and body composition parameters of male physical education teachers of different districts in Gujarat.