

Cardiovascular Fitness among Sedenatry Students

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Abstract

The primary objective of the study is to find out the cardiovascular fitness level between rural and urban collegiate students and to determine the level of fitness level among rural and urban students. Eighty Rural and Eighty Urban collegiate sedentary students from various colleges of Swami Ramanad Teerth Marathwada University Nanded, voluntary to participate in the health related physical fitness programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, injuries, heart disease or any other condition that would put the subjects at risk when performing the Health tests. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during the programmes. The age, height, weight, and cardiovascular fitness, of all subjects were measured in physical education department laboratory and Field. Cardiovascular fitness was assessed using 12 minute run test. Participants were ruined for 12minutes, and the total distance covered is recorded. Walking was allowed. BMI was calculated by Quetelet equation. The result reveals a statistically significant difference of body mass ($t=3.45$, $p<.05$) between rural and urban collegiate students. However the result reveals a statistically significant difference of cardiovascular fitness ($t=49.61$, $p<.05$) was found between rural and urban collegiate students. The results of present study showed that cardiovascular fitness performance was better in rural students.

Key words: cardiovascular fitness, Urban, Rural, Students

Introduction

Sedentary life style is a seriously growing health problem. Epidemiological study has shown that sedentary life style will contribute to the early onset and progression of life style disease such as cardiovascular disease, hypertension, diabetes and obesity (Hulens *et al*, 2002). Majority of Indian population live in rural areas, mainly depending on agriculture for their livelihood, and carry out more physical activities when compared to urban population who are accustomed to sedentary life style. Healthy body is necessary for increasing the working capacity and maintaining physical fitness of any individual to perform his daily tasks vigorously and alertly, with left over energy to enjoy leisure time activities. It

also helps to withstand stress and carry on, in circumstances where a physically unfit person could not continue (Patil *et al*, 2012). The importance of cardiovascular fitness to health for all individuals has been well documented. Physical fitness is a required element for all the activities in our life. Cardiovascular fitness of an individual is mainly dependent on lifestyle related factors such as daily physical activity levels. It was believed that the low cardiovascular fitness level of an individual is associated with higher mortality rate. (Jourkesh *et al*, 2012). For Cardiovascular fitness, the activity components included are not only for muscular development and endurance