

# Influence of Yogic Practices and Aerobic Exercises on Serum Protein Level

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## Abstract

The purpose of the study was to find out the relative influence of yogic practices and aerobic exercises on serum protein level. Forty five players from Thiru.Vi.Ka. Govt. Arts College, Tiruvarur, were randomly selected as subjects. The subjects were divided equally into three groups namely control group, aerobic exercise group and yogic practices group. The aerobic exercise group and yogic practices group underwent selected aerobic exercises and yogic practices respectively. The experimental period was 12 weeks, six days a week, 40 minutes per day. But the control group was not given any sort of special training. The criterion measure selected for this study was serum protein level and it was tested before and after the experimental period. The initial and final scores of all three groups were obtained. To find out the significant mean differences, the analysis of co-variance statistical technique was employed. Further the scheffe's post-hoc test was used to identify which group has shown better. The training effect of yogic practices and aerobic exercises evidenced significant influence over the serum protein level. When compared, the yogic practices group had better impact than aerobic exercise group.

**Key Words: Yoga, Aerobic, Serum Protein**

## Introduction

Yoga is the oldest known science of self-development. Yogic exercises are confined to minimum motions involved with a low temperature. Further by influencing the automatic nervous system, the yogic exercises ensure better food utilization and improved nourishment besides proper relaxation due to voluntary control of individuals. Aerobic exercise refers to energetic physical activity that requires high levels of oxygen. It involves rhythmical action of the body over a distance or against gravity as occurs in dancing, jogging, running, swimming or certain calisthenics. Performing aerobic exercises directly affect the physiological aspects of the body (*Martha Davis, 1996*).

Protein is an organic compound formed from amino acids. It is a basic food stuff which forms muscle tissue,

hormones, enzymes, etc., Proteins are used as auxiliary fuels during muscular work. Some stored amino acids link with fats and form lipoproteins. The proteins are more essentials for the growth and repair of the tissues of the body (*Mariakutikan, 2003*). Players regularly indulge themselves in physical activities to achieve their goal. In order to maintain repair and growth of the tissues, the protein is more essential. Apart from regular diet and ingestion of protein, the yogic practices and aerobic exercises enhance the protein level of the player. Hence the investigator decided to find out the relative influence of yogic practices and aerobic exercises on serum protein level among players at college level.

## Materials and Methods