



A Comparative Study on Cardiovascular Efficiency among the Corporate Degree College And Government Degree College Women At West Godavari District

T.Kalyani, Physical Director, S.C.I.M Govt. Degree & P.G. College, Tanuku, W.G. District, A.P, India
Dr. B.Sunil Kumar, Associate Professor, Department of Physical Education, Osmania University, Hyderabad.

Abstract: The study investigates the difference between cardiovascular efficiency among corporate degree college and government degree college women at West Godavari findings of the study may provide guidance to physical education teachers and coaches to prepare training schedules. The cardiovascular efficiency is the key word in one's living style. The noteworthy point here is apart from beauty concept now-a-days women are looking for more and more fitness and the importance is given for "keep fit and stay young" concept.

Key words: human organism, healthy cardiovascular, development

Introduction

Today fitness is the life and life is the fitness, the changing writ in the society is looking for more and more fit people rather than unfit people, without fitness one cannot sustain even a minute in this global village. Where the fitness implies suitability if a person is fit he must be fit for something. The human organism develops to meet the demands made upon it. Adaptation to stress is a basic biological concept. The kind and amount of stress must be such that it leads to development rather than physical deterioration and mental frustration. It must be challenging enough to call for effort and persistence it should not be sedentary as to be impossible to accomplish.

Cardiovascular Efficiency

According to Edward L.Fox cardiovascular efficiency is the result of a physical capacity of the individual to sustain movement over a period of time. According to Jesse Fiering Williamian

cardiovascular efficiency is defined as the capacity of ability of heart and lung system to deliver blood and oxygen to the working tissues during prolonged physical exercise. According to Franks and Dentch cardiovascular efficiency is the ability to continue activities that test the cardiovascular circulatory and respiratory function. According to Jack H.Wilmore cardiovascular efficiency is defined as the ability of the total body to system prolonged rhythmical exercise. According to Gurbakshash efficiency is designed as resistance to fatigue. It is the ability to demonstrate persistence in a strenuous activity. Fall says efficiency referred to as the capacity contribute work under strain for a long period of time with out undue fatigue. According to Hockes cardiovascular efficiency is the ability to continue or persist in strenuous tasks involving large muscle group for long period time. Cardiovascular function is important in supplying the muscles with fuel and oxygen. Cardiovascular function is regarded as the mom



important of the basis components of health and performance related physical fitness Exercise can help to prevent hypo kinetic disease. Aerobic exercise is essential to healthy cardiovascular system. Improved cardio respiratory function can result in performance in physical education and sport activity.

Objective of the Study

In Andhra Pradesh, the education system is mostly depended on private sector only these corporate colleges are encouraging the professional courses especially for women education in a big way. Hence these investigations will certainly emphasise the need for fitness programs among the students.

Significance of the Study

The study investigates the difference between cardiovascular efficiency among corporate degree college and government degree college women at West Godavari findings of the study may provide guidance to physical education teachers and coaches to prepare training schedules. It may further help the researchers to involve more number of government degree colleges and corporate degree colleges. The findings of the study may add to the quantum of knowledge in the area of sports and physical education. The findings of the study may help the parents to select suitable college for their children.

Hypotheses

Is there any significance difference between corporate degree college women at government degree college women at West Godavari in relation to Jim cardiovascular efficiency

Sample of the study

The study was formulated based on the simple random sampling. The samples were collected from the 50 corporate degree college women and 50 government degree women from West Godavari in the age group of 18- 20 years.

Data collection procedure

The study under report considered 50 corporate degree college women and 50 government degree college women as sample. Harvard step test was conducted to measure the cardiovascular efficiency of corporate and government degree college women. The subjects were given orientation about the test and the cardiovascular efficiency of each subjects was recorded accordingly.

Results and discussions

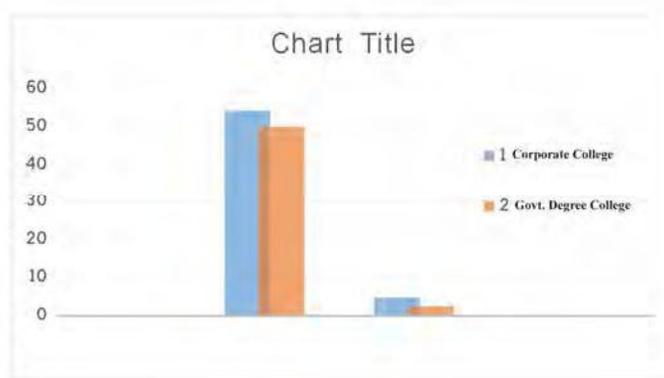
The results pertaining to the study are present in the following:

The showing the significant on cardiovascular efficiency difference between the corporate degree college and govt. degree college women

Sl. No.	Subjects	Mean	SD	Standard Error of Mean	df	't' Value	P. Value
1	Corporate Degree College	54.23	4.85	.6977	98	6.129	0.001
2	Govt. Degree College	49.98	2.56	.3044			



The Graph Showing mean and SD Significant on Cardiovascular Efficiency difference between Corporate Degree College Women and Govt. Degree College Women.



The cardiovascular efficiency has shown a greater variation among corporate Degree college Women and government Degree College Women.

Conclusion: Now days the philosophical and physiological concepts are compulsory ingredients in the field of physical education and sports in the universities and colleges, from the obtained results the facts related to cardiovascular efficiency were underlined which is subscribing the results of the present investigation. The conclusion drawn from the present study indicates that corporate degree colleges are far better than government degree college women with regards to cardiovascular efficiency. The reason for these reverse results attributes to the change of attitude of the student of government and private sector even though the government sector colleges provide sufficient facilities the students are not inclined towards the general health programs. However the corporate students now days, are more attracted to the healthy living concept by involving themselves in morning walks, health clubs, gymnasium, yoga programs etc.

Recommendation and suggestion

The cardiovascular efficiency is the key word in one's living style. The noteworthy point here is apart from beauty concept now-a-days women are looking for more and more fitness and the importance is given for "keep fit and stay young" concept. Hence a deeper probe is in order for further research experimentation on women sports.

References

Proceedings of the International workshop. ICRISAT. pp 47 – 55.