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## Cardiovascular of academic and physical education students of Jammu and Kashmir

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### Abstract

The study was intended to compare the cardiovascular endurance between academic and physical education colleges of Jammu and Kashmir. It is pertinent to mention here that physical educational aspirants were treated as professional students and academic students were treated as academic students. The study was intended to explore the level of cardiovascular endurance of professional and non-professional students (Academic and Physical Education students). The Harvard step test for flexibility was employed in this study to collect the data. The data was subjected to statistical treatment by using Mean, S.D and 't' test. In connection to same, it was found that there exists significant difference between professional and non-professional students on their level of cardiovascular endurance. Professional students were reported with high level of cardiovascular endurance as compared to non-professional students

**Keywords:** Cardiovascular endurance, academic students, physical education students

### Introduction

In the contemporary society world is striving from each and every corner to achieve the maximum advancing in the domain of health. At global level we observe large number of initiatives are being made to explore the different ways and procedure to foster the innovative development in the health sector. The common goal of world health organisation is to promote health enrichment in each and every country of world. Indeed, India has made multiple strategies to enhance the health related physical fitness among its individual. However, despite that insignificant improvement has been made in the field of health sector. Rutherford, O.M., Greig, C.A., Sargeant, A.J & Jones, D.A. (2015) <sup>[4]</sup> argued that the tremendous flow in the domain of science and technology has brought revolutionary flow; however, it has brought negative impact on the life of all people. In the growing busy schedule human being is rapidly showing unfavourable attitude towards health building strategies. In present the era time is not managed by individual rather individual is managed by time. The distraction created by social media on part of time management has created adverse on physical fitness and health related physical fitness of an individual. Cardiovascular endurance is the ability of the heart, the blood vessels, and the respiratory system to deliver oxygen proficiently over an extended period of time. To develop cardiovascular endurance, activity must be aerobic in nature. Activities that is unceasing and rhythmic in nature need that a continuous supply of oxygen be delivered to the muscle cells. Activities that stimulate development in this area are paced walking, jogging, biking, rope jumping, aerobics, and swimming. Yawer, A.L. (2003) <sup>[14]</sup> revealed that the better your cardiovascular fitness, the easier it is to complete your daily tasks and still have energy to enjoy other activities. Keeping in view, the researcher selected the below mentioned research problem:

**Statement of the Research Problem:** The statement of the research problem is as under:

**Objectives of the study:** The objectives of the present study are as under:

- 1) To explore the level of flexibility of the physical education (Bachelor of physical education) and academic students (Bachelor of physical education).

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**Hypothesis:** Following hypothesis has been framed for the present study:

- 1) There seems no significant difference between physical education (Bachelor of physical education) and academic students (Bachelor of physical education) on their level of cardiovascular endurance.

**Delimitations of the study:** The present study will be confined to the following aspects:

- 1) The study has been delimited to bachelor of physical education and Bachelor of Arts students.
- 2) The study has been delimited to 400 physical education and Bachelor of Arts students.

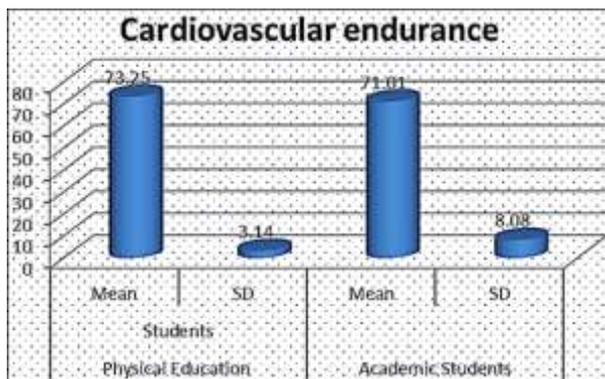
**Methodology:** Keeping in view, the research evidences, objectives and hypotheses, the researcher found it suitable to go through descriptive survey method. Accordingly, present study was carried with the help of descriptive method.

**Table 1.1** Displaying the mean variation reported between physical education students and academic students on their cardiovascular endurance level. (N=400 each)

| Variable                 | Physical Education Students |      | Academic Students |      | 't' value | Level of significance |
|--------------------------|-----------------------------|------|-------------------|------|-----------|-----------------------|
|                          | Mean                        | SD   | Mean              | SD   |           |                       |
| Cardiovascular endurance | 73.25                       | 3.14 | 71.01             | 8.08 | 5.78      | 0.01**                |

### Index

- \*\*= Significant at 0.01 level of confidence.



**Fig 1.1:** Displaying the graphical representation on the mean variation reported between physical education students and academic students on their flexibility level. (N=400 each)

### Index

- PES= Physical Education Students.
- AS= Academic Students.

### Discussion

The fleeting look on the table 1.1, Fig. 1.1 gives exploration about the mean comparison of physical education and academic stream, students on their level of cardiovascular endurance. The obtained results specify that the mean value of physical education stream (Bachelor of physical education) students was found 73.25 and the mean value of bachelor of academic students was seen 71.01. The comparative analysis of the both group of the respondents indicate that the 't' value came out to be 5.78, which is higher than table value at 0.1 level of confidence. Thus, from the above reported result it can be generated that there exists significant difference between the two group of respondents under discussions. However, it is pertinent to mention her that physical education students were seen with high level of cardiovascular endurance as compared to academic students (bachelor of academic students).

### A) Sample

Representative samples of 800 respondents were selected. However, due representation was given on the basis of type of course pursued by the respondents. More obviously 400 academic and 400 physical education students were selected by using random sampling technique. Whole sample was collected from below mentioned sampling of Union Territory of Jammu and Kashmir.

### B) Measuring criteria

The Harvard step test for flexibility was employed in this study to collect the data.

### C) Statistical technique employed

To determine the significant differences t-test was employed to analyse the data of selected health related physical fitness variables between male and female students. The detailed procedure of statistical treatment is analysed as under:

- **Hypothesis:** There seems no significant difference between physical education (Bachelor of physical education) and academic students (Bachelor of physical education) on their level of cardiovascular endurance.  
...status: Rejected

### Conclusions of the study

The study was intended to compare the cardiovascular endurance between academic and physical education colleges of Jammu and Kashmir. In connection to same, it was found that there exists significant difference between professional and non-professional students on their level of cardiovascular endurance. Professional students were reported with high level of cardiovascular endurance as compared to non-professional students.

### Conflict of interests

Keeping the results of the present study under consideration, no any conflict of interest has been declared.

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