

## **Impact of Regular Physical Fitness and Yoga Classes on Selected Physical Fitness and Physiological Parameters of Female Students**

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Physical exercise is a subset of physical activity and it is designed to target a particular outcome such as cardiorespiratory capacity or other components of fitness. Yoga asanas are scientifically oriented in nature and regular practice increases physical strength, stamina and flexibility, improves blood circulation, and enhances posture and muscle tone. Based on the above concepts the present study aimed to find out the impact of regular physical fitness and yoga classes on selected physical fitness and physiological parameters of female collegiate students of the University of Agricultural Sciences, Raichur campus. Total 62 of female students were selected from both College of Agriculture and Agriculture Engineering on a random basis and their ages ranged between 17-19 years. The physical fitness and physiological parameters tests like bent knee sit-ups, standing board jump, push-ups, sit & reach test, shuttle run test, carotid & ulna pulse test, height and weight measures and breath hold test were selected to collect the data. The pre-test data of female college students were taken 3 months prior to the regular physical fitness and yoga classes and post-test data were taken in vice-versa. To examine the effect of regular physical fitness and yoga classes on selected physical & physiological parameters of students, a t-test was applied and the level of significance was set at 0.05 levels. The results have shown significant ( $p < 0.05$ ) changes between the two stages of tests for abdominal strength, shoulder strength, explosive strength, flexibility and agility performances. Further, significant changes in the resting pulse rate, breath hold capacity and body mass index composition measures were observed. The regular Physical fitness and yoga classes have a significant impact on the physical fitness and physiological parameters of female college students.

Keywords: Yoga, Physical Fitness, Physiological Parameters