

## **Combined Effect of Yogic Practices and Running on Cardiovascular Endurance Among University Level *Bharatanatyam* Dance**

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### **Abstract**

The dancers need to performed graceful presentations in the theatre setting. Therefore, additional fitness is essential for aesthetic performers. Hence, this study aimed to determine the Combined effect of yogic practices and running on cardiovascular endurance among University level dance students. To achieve the purpose of the study, ninety (N=90) female students from the Dept of Dance, Ramanathan Academy of Fine Arts were selected as subjects. The mean age was 20-25 years. The selected subjects were medically and physically fit enough to undergo the training programme. The subjects were selected by purposive sampling method each group contains thirty (n=30) subjects. Group I, (Asana Running (AR), n=30, Practice Combined running and yoga asana practices, for 60 min/Session/ 3days/ Week/ 12 weeks), Group II, (*Bharathanatyam* (BH), n=30, underwent regular curricular *Bharathanatyam* dance practicals), Group III, (n=30, Acted as control, did not practice). The selected subjects were measured of their cardiovascular endurance by the Queens College Step Test before and after the training period. The differences between the initial and final scores of cardiovascular endurance were subjected to statistical treatment using 't' test, the magnitude of improvement, Analysis of variance (ANOVA), and Scheffe's post hoc test was used to find the pre and post-test data difference and confidence interval. The results of the study reveal that the 't' value of groups I, II, and III were 17.05, 10.23, and 6.18 respectively. However, from the results, it was concluded that the combined running and yogic practices group (Group I) was significantly better ( $f=7.63^*$ ) than *Bharathanatyam* alone group and the control group on cardiovascular endurance. From the study, it is recommended that *Bharathanatyam* dance students need to do additional fitness training with yoga asana practice to improve their cardiovascular fitness to succeed in theatre recital without injury.

**Keywords:** Yoga, Running, Cardiovascular endurance, *Bharathanatyam*