

22 to 29 years, male student of Pondicherry University. The subjects chosen for the study were divided randomly into two equal groups and designated as a control group and an experimental group (control group 10 men and experimental group 10 men). The control group was not allowed to participate in exercise. The low back pain of the subject was assessed by using Robert John's Spinal Disorder Scale question and measuring hip flexibility (sit and reach test) and abdominal strength (sit up test) was conducted pre and post test. Low back pain can be controlled, cured and prevented through exercise therapies. **EXERCISES ADMINISTRATION:** During the experimental period not less than 45 minutes per day between 7.30 am to 8.30 am every day except Sunday. **STATISTICAL TECHNIQUES:** To find out whether there was any significant relationship among control and experimental groups using one-way analysis of variance. The level of significance was fixed at 0.05 and 0.01 levels respectively. **RESULT:** Analysis of variance for mean gain in range of pain between control and experimental groups. The range of pain decreased in the control group ( $p < 0.05$ ) sit and reach, in post test are drastic changes. The 'F' ratio for significance at 0.05 level ( $p < 0.05$ ) sit ups between control and experimental groups. 'F' ratio gained 6.23. The required F ratio was greater than table value so, significance at the 0.05 level ( $p < 0.05$ ). **CONCLUSION:** The active exercise option treatment programme was more successful in reducing pain and self-experienced disability and also improves lumbar endurance than in the passive control group. The programme demonstrates significant reduction in pain and symptoms with improved muscle strength, endurance and joint mobility.

### YOGA'S VIEW OF NUTRITION.

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**Introduction:** The basic principle of nutrition, from the yoga perspective, is to eat small quantities of high quality foods. The high quality foods are those which promote the life force of the body without producing toxins. The recommended foods are fruits, vegetables, whole grains and nuts. Incredibly, yoga's principles of nutrition are very similar to what modern science has discovered in more recent times. **Fresh Food:** Yoga also stresses that food should be as fresh as possible. This means we should rely more on fresh fruits and vegetables than on frozen or canned foods. Frozen food is not so bad, since the enzymes are preserved, but canned food has been preheated, which destroys a lot of the vitamins and minerals and the enzymes.

### EFFECTS OF 8 WEEKS OF PLYOMETRIC TRAINING PROGRAM ON SELECTED PHYSIOLOGICAL AND PHYSICAL FITNESS VARIABLES OF HIGH SCHOOL BOYS

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The purpose of the study was to find out the effects of 8 weeks of plyometric training on selected physiological and physical fitness variables of high school boys under the age groups 14-16 from various schools of Tamil Nadu. They were divided into two groups consisting of 20 subjects in each group. The experimental group alone received the plyometric training for 8 weeks. The control group would be not received any training. All the variables, such as Cardio-Vascular Endurance, Cardio-respiratory Endurance, Leg muscle strength, speed, Abdomen muscle strength endurance before and after and 8 weeks of plyometric training program. The data collected from the subjects would be statistically analyzed by using the analysis of covariance (ANACOVA).

### STRENGTH TRAINING FOR FITNESS

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Strength training is specifically to build muscle and increase strength involving weight or some other type of resistance. Strength training can be done between a certain age group. This could not be further from the truth. It is true that strength training must be done between a certain age group. This could not be further from the truth. It is true that strength training should be done carefully and gradually, however it can be done at any age. Strength training helps with the range of movement in your joints. By continuing to workout your muscles in a consistent basis, your joints develop endurance and flexibility. Although there may be some soreness at the initial strength training sessions, once your body continues to carry on towards your fitness goal, the soreness will begin to dissipate. Strength training is beneficial for your bones, muscles, tendons, and ligaments. If done correctly, strength training is beneficial for your bones, muscles, tendons, and ligaments. If done correctly, strength training is beneficial for your bones, muscles, tendons, and ligaments. If done correctly, strength training can help with burning calories, weight loss, stronger bones, lower cholesterol, and mood. Strength training is also a great stress reliever allowing many individuals to cope better with everyday stress. In order for one to get the full benefits of strength training a consistent program, similar to the one below, should be followed: Cardiovascular exercises - should be performed at least 3 times a week for a minimum of 30 minutes. Examples - walking, running, biking,

elliptical machine, etc. NOTE; It is not considered an effective cardiovascular exercise until the individual breaks a sweat. Strength Training- 2-4 times a week, upper and lower body and abdominal should be worked out consistently while allowing rest periods of muscle groups. Same muscle groups should rest for a period of 48 hours. In other words, if the upper body is getting worked out then the following day or the day after that, the lower body should be trained.

## TRAINING FOR HEALTH AND FITNESS

### K.VIJAYA. & AROCKIA MERCY

Training is to bring oneself to the required pitch of physical condition to acquire skill and precision in movement, by steady practice, for a specific contest or form of sports or for general fitness. Training and doing exercise is an essential part of our well-being. The very idea of doing regular exercise sometimes stops some people from committing to a healthy eating program. Because the idea of regular exercise, for many, conjures up pictures of sweating it out at the gym or fitness center, lifting weights and doing strenuous workouts of some nature or other. There are plenty of other ways to training and exercise. This could include dance, playing a sport, swimming, horse riding, playing golf, going bowling etc., To really have effect, exercise needs to be done on a regular basis and for a sustained period of time at each interval; enough time to get the heart rate up. Working out is not only good for health and weight maintenance, but it really does relieve stress. Everyone talks about this fact, but have we tried it out? Training for health and fitness helps a lot. Because, moving our body releases endorphins, which are the essential feel-good chemicals, found in our brain. Training for health and fitness can ease anxiety, panic and stress, even mild depression and on top of that it is a good way to keep healthy and increase the quality years of our life. My paper will focus on the effect of aerobic training for health and fitness.

## AT – ITS PROS AND CONS

### C. LIGI EZHILARASI

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### A. SURESH

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All fat consist of fatty acids ( chains of carbon and hydrogen atoms, with a carboxylic acid group at one end) bonded to a backbone structure, often glycerol ( a "backbone" of carbon, hydrogen, and oxygen). Fat shapes out bodies, helps maintain out body's temperature and protects out bones. It surrounds the brain, heart, kidneys, liver and spinal cord to shield them from injury. So, how do we get into trouble with fat when it is necessary for so many bodily functions? Fat is much more calorie dense than carbohydrates and protein. Dietary fats provide nine calories per gram, so the calories from fat can add up quickly. In addition, our body store excess calories from fat more easily than fat from carbohydrates. Fat are a vital part of a balanced diet. They are an important source of energy and are an essential element in proper growth and development. Fat is the most concentrated source of our energy. When our body satisfies its energy needs, the unused energy sources are stored as fatty tissue. In spite of all the important functions of fat, it is still true most Americans consume too much. In doing so, the risk of heart disease, obesity, diabetes and other health problems increases dramatically. Health authorities recommend we limit our intake of fat to 30 percent of our total daily caloric intake. Only ten percent of this amount should be saturated fat.

## PREVALANCE OF HYPERTENSION AND SMOKING OR TOBACCO CHEWING IN DIABETIC AND SPORTS- DIABETIC SELECTED POPULATION

### ARVIND V. PATIL,

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There are several facts that effect health of human being such as tension, improper food habits and physiological disturbances due to hypertension, hormonal imbalance etc., which can otherwise be controlled of avoided by regular exercise and health checkups. The present study also throws light on the importance of exercise on the health of diabetic patients sports-diabetic patients. **Aim:** 1. To study the effects of hypertension among diabetic and sports-diabetic groups. 2. To study the effects of consumption of tobacco and /or smoking among diabetic and Sports- diabetic groups. The groups were divided into two; Diabetic (the patients who had diabetics) and Sports-diabetics ( the sports person who suffered from diabetics). For study of hypertension the duration of hypertension and mean blood pressure were considered. Systolic BP was higher among diabetics than sports- diabetic and Smoking was commonly seen in diabetic, than in sports- diabetic. This study throws light on the fact that regular exercise, walking and good habits/ habit control improves the health of diabetic patients also.

## PERFORMANCE FOR HEALTH AND FITNESS

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Many people do not make any effort to achieve a level of fitness to meet their individual requirements in the mistaken belief that it involve vigorous physical exercise. It takes effort, yes! But to achieve a level of fitness to meet everyday needs, plus a little to cope with odd emergency, does not have to be in equal with the type of