

## TABLE OF CONTENTS

| CHAPTER          | TITLE   | PAGE        |
|------------------|---|-------------|
|                  | Certificate   | ii          |
|                  | Declaration   | iii         |
|                  | Dedication  | iv          |
|                  | Acknowledgement   | v           |
|                  | Table of Contents   | vii         |
|                  | List of Tables  | xii         |
|                  | List of Figures   | xiv         |
|                  | Abbreviations   | xv          |
|                  | Abstract  | xvi         |
|                  | Flow Chart  | xviii       |
| <b>CHAPTER I</b> | <b>INTRODUCTION</b>   | <b>1-22</b> |
|                  | 1.1 Physical Activity and Health                                  | 1           |
|                  | 1.2 Aerobic Dance   | 6           |
|                  | 1.3 Types of Aerobic Dance  | 7           |
|                  | 1.3.1 Low-Impact Aerobics   | 8           |
|                  | 1.3.2 High-Impact Aerobics  | 8           |
|                  | 1.3.3 Step Aerobics   | 8           |
|                  | 1.4 Need for Aerobic Dancing                                      | 8           |
|                  | 1.5 Benefits of Aerobic Dancing                                   | 9           |
|                  | 1.6 Yoga  | 10          |
|                  | 1.7 Tree of Yoga  | 10          |
|                  | 1.7.1 Asanas  | 11          |
|                  | 1.7.2 Pranayama   | 11          |
|                  | 1.7.3 Meditative Practices  | 11          |
|                  | 1.7.4 Relaxation Practices  | 12          |
|                  | 1.7.5 Cleansing Practices   | 12          |
|                  | 1.7.6 Kriyas  | 12          |
|                  | 1.8 Role of Health Related Fitness Variables and their Importance | 13          |
|                  | 1.8.1 Cardio Respiratory Endurance                                | 13          |
|                  | 1.8.2 Flexibility   | 13          |
|                  | 1.8.3 Muscular Strength Endurance                                 | 13          |
|                  | 1.9 Role of Psychological Variables and their Importance          | 14          |
|                  | 1.9.1 Anxiety   | 14          |
|                  | 1.9.2 Stress  | 14          |
|                  | 1.9.3 Self-Confidence   | 15          |
|                  | 1.10 Role of Bio-Chemical Variables and their Importance          | 15          |
|                  | 1.10.1 Blood Glucose  | 15          |
|                  | 1.10.2 High Density Lipoprotein                                   | 15          |
|                  | 1.10.3 Low Density Lipoprotein                                    | 16          |

| <b>CHAPTER</b>     | <b>TITLE</b>                        |                              | <b>PAGE</b>  |
|--------------------|-------------------------------------|------------------------------|--------------|
|                    | 1.11                                | Reason for the Study         | 16           |
|                    | 1.12                                | Objectives of the Study      | 17           |
|                    | 1.13                                | Statement of the Problem     | 17           |
|                    | 1.14                                | Hypotheses                   | 17           |
|                    | 1.15                                | Significance of the Study    | 18           |
|                    | 1.16                                | Delimitations                | 18           |
|                    | 1.17                                | Limitations                  | 19           |
|                    | 1.18                                | Operational Terminology      | 19           |
|                    | 1.18.1                              | Training                     | 19           |
|                    | 1.18.2                              | Aerobics                     | 19           |
|                    | 1.18.3                              | Dance                        | 20           |
|                    | 1.18.4                              | Aerobic Dancing              | 20           |
|                    | 1.18.5                              | Cardio Respiratory Endurance | 20           |
|                    | 1.18.6                              | Flexibility                  | 20           |
|                    | 1.18.7                              | Muscular Strength Endurance  | 20           |
|                    | 1.18.8                              | Stress                       | 20           |
|                    | 1.18.9                              | Anxiety                      | 21           |
|                    | 1.18.10                             | Self-Confidence              | 21           |
|                    | 1.18.11                             | Blood Glucose                | 21           |
|                    | 1.18.12                             | High Density Lipoprotein     | 21           |
|                    | 1.18.13                             | Low Density Lipoprotein      | 21           |
|                    | 1.18.14                             | Independent Variables        | 22           |
|                    | 1.18.15                             | Dependent Variables          | 22           |
| <b>CHAPTER II</b>  | <b>REVIEW OF RELATED LITERATURE</b> |                              | <b>23-33</b> |
|                    | 2.1                                 | Studies on Aerobic Dance     | 23           |
|                    | 2.2                                 | Studies on Yogic Practices   | 27           |
| <b>CHAPTER III</b> | <b>METHODOLOGY</b>                  |                              | <b>34-65</b> |
|                    | 3.1                                 | Introduction                 | 34           |
|                    | 3.2                                 | Selection of subjects        | 34           |
|                    | 3.3                                 | Experimental design          | 34           |
|                    | 3.4                                 | Selection of variables       | 35           |
|                    | 3.4.1                               | Independent variables        | 35           |
|                    | 3.4.2                               | Dependent variables          | 35           |
|                    | 3.5                                 | Criterion measures           | 35           |
|                    | 3.5.1                               | Cardio Respiratory Endurance | 36           |
|                    | 3.5.2                               | Flexibility                  | 36           |
|                    | 3.5.3                               | Muscular Strength Endurance  | 36           |
|                    | 3.5.4                               | Stress                       | 36           |
|                    | 3.5.5                               | Anxiety                      | 36           |
|                    | 3.5.6                               | Self Confidence              | 36           |
|                    | 3.5.7                               | Blood Sugar                  | 36           |
|                    | 3.5.8                               | Low Density Lipoprotein      | 37           |
|                    | 3.5.9                               | High Density Lipoprotein     | 37           |
|                    | 3.6                                 | Orientation of subjects      | 37           |
|                    | 3.7                                 | Reliability of data          | 37           |
|                    | 3.8                                 | Instruments reliability      | 38           |
|                    | 3.9                                 | Subjects' reliability        | 38           |

| CHAPTER | TITLE     |   | PAGE |
|---------|-----------|---|------|
|         | 3.10      | Competency of the tester  | 38   |
|         | 3.11      | Collection of data  | 38   |
|         | 3.12      | Administration of test  | 39   |
|         | 3.12.1    | Flexibility   | 39   |
|         | 3.12.2    | Cardio Respiratory Endurance  | 39   |
|         | 3.12.3    | Muscular Strength Endurance   | 40   |
|         | 3.12.4    | Stress  | 40   |
|         | 3.12.5    | Anxiety   | 41   |
|         | 3.12.6    | Self-Confidence   | 42   |
|         | 3.12.7    | Blood Sugar   | 42   |
|         | 3.12.8    | High Density Lipoprotein  | 43   |
|         | 3.12.9    | Low Density Lipoprotein   | 44   |
|         | 3.13      | Practical applications of asanas and pranayama in this study                    | 45   |
|         | 3.13.1    | Surya namaskar (12- steps)  | 46   |
|         | 3.13.2    | Asanas  | 47   |
|         | 3.13.2.1  | Bhujangasana  | 47   |
|         | 3.13.2.2  | Patchimothasana   | 47   |
|         | 3.13.2.3  | Dhanurasana   | 47   |
|         | 3.13.2.4  | Halasana  | 47   |
|         | 3.13.2.5  | Gomukhasana   | 48   |
|         | 3.13.2.6  | Ardhamatsyendrasana   | 48   |
|         | 3.13.2.7  | Ushtrasana  | 48   |
|         | 3.13.2.8  | Garudasana  | 48   |
|         | 3.13.2.9  | Virabadharasana   | 49   |
|         | 3.13.2.10 | Natarajana  | 49   |
|         | 3.13.3    | Bhastrika pranayama   | 50   |
|         | 3.13.4    | Chin Mudra or Gyan Mudra  | 50   |
|         | 3.14      | Practical Applications of Aerobic dancing workout in this Study                 | 50   |
|         | 3.14.1    | Aerobic Dancing   | 50   |
|         | 3.14.2    | Aerobic Dancing Workout   | 51   |
|         | 3.15      | Training Applications and Procedures  | 56   |
|         | 3.15.1    | Intensity   | 56   |
|         | 3.15.2    | Duration  | 56   |
|         | 3.15.3    | Frequency   | 57   |
|         | 3.15.4    | Progression of Exercise   | 57   |
|         | 3.15.5    | Pilot Study   | 57   |
|         | 3.16      | Training Approaches of the present Study  | 58   |
|         | 3.16.1    | Training programme  | 58   |
|         | 3.16.1.1  | Exercise Prescription- Experimental Group – I Aerobic Dancing for 1 to 4 Weeks  | 59   |
|         | 3.16.1.2  | Exercise Prescription- Experimental Group – I Aerobic Dancing for 5 to 8 Weeks  | 60   |
|         | 3.16.1.3  | Exercise Prescription- Experimental Group – I Aerobic Dancing for 9 to 12 Weeks | 61   |
|         | 3.16.1.4  | Exercise Prescription- Experimental Group – II                                  | 62   |

| <b>CHAPTER</b>    | <b>TITLE</b>                               |  | <b>PAGE</b>   |
|-------------------|--|--|---------------|
|                   |  | Yogic Practices for 1 to 4 Weeks   |               |
|                   | 3.16.1.5                                   | Exercise Prescription- Experimental Group – II<br>Yogic Practices for 4 to 8 Weeks         | 63            |
|                   | 3.16.1.6                                   | Exercise Prescription- Experimental Group – II<br>Yogic Practices for 9 to 12 Weeks        | 64            |
|                   | 3.17                                       | Statistical Analysis   | 65            |
| <b>CHAPTER IV</b> | <b>ANALYSIS AND INTERPRETATION OF DATA</b> |  | <b>66-122</b> |
|                   | 4.1  | Introduction   | 66            |
|                   | 4.2  | Comparison of Flexibility in the Experimental<br>Groups and Control Group                  | 67            |
|                   | 4.2.1                                      | Results on Flexibility   | 67            |
|                   | 4.2.2                                      | Discussion of Findings on Flexibility  | 71            |
|                   | 4.3  | Comparison of Cardio Respiratory Endurance in<br>the Experimental Groups and Control Group | 73            |
|                   | 4.3.1                                      | Results on Cardio Respiratory Endurance  | 73            |
|                   | 4.3.2                                      | Discussion of Findings on Cardio Respiratory<br>Endurance                                  | 77            |
|                   | 4.4  | Comparison of Muscular Strength Endurance in<br>the Experimental Groups and Control Group  | 79            |
|                   | 4.4.1                                      | Results on Muscular Strength Endurance   | 79            |
|                   | 4.4.2                                      | Discussion of Findings on Muscular Strength<br>Endurance                                   | 83            |
|                   | 4.5  | Comparison of Stress in the experimental groups<br>and Control Group                       | 85            |
|                   | 4.5.1                                      | Results on Stress  | 85            |
|                   | 4.5.2                                      | Discussion of Findings on Stress   | 89            |
|                   | 4.6  | Comparison of Anxiety in the Experimental<br>Groups and Control Group                      | 91            |
|                   | 4.6.1                                      | Results on Anxiety   | 91            |
|                   | 4.6.2                                      | Discussion of Findings Anxiety   | 95            |
|                   | 4.7  | Comparison of Self Confidence in the<br>Experimental Groups and Control Group              | 97            |
|                   | 4.7.1                                      | Results on Self Confidence   | 97            |
|                   | 4.7.2                                      | Discussion of Findings Self Confidence   | 101           |
|                   | 4.8  | Comparison of Blood Glucose in the<br>Experimental Groups and Control Group                | 102           |
|                   | 4.8.1                                      | Results on Blood Glucose   | 103           |
|                   | 4.8.2                                      | Discussion of Findings on Blood Glucose  | 107           |
|                   | 4.9  | Comparison of High Density Lipoprotein in the<br>Experimental Groups and Control Group     | 108           |
|                   | 4.9.1                                      | Results on High Density Lipoprotein  | 109           |

| <b>CHAPTER</b>   | <b>TITLE</b>                                    |  | <b>PAGE</b>    |
|------------------|---|--|----------------|
|                  | 4.9.2   | Discussion of Findings on High Density Lipoprotein                                 | 113            |
|                  | 4.10  | Comparison of Low Density Lipoprotein in the Experimental Groups and Control Group | 115            |
|                  | 4.10.1  | Results on Low Density Lipoprotein   | 115            |
|                  | 4.10.2  | Discussion of Findings on Low Density Lipoprotein                                  | 119            |
|                  | 4.12  | Discussion on Hypotheses   | 120            |
| <b>CHAPTER V</b> | <b>SUMMARY, CONCLUSIONS AND RECOMMENDATIONS</b> |  | <b>123-126</b> |
|                  | 5.1   | Summary  | 123            |
|                  | 5.2   | Conclusion   | 125            |
|                  | 5.3   | Recommendations  | 126            |
|                  | <b>BIBLIOGRAPHY</b>                             |  | <b>128-136</b> |
|                  |   | Books  | 128            |
|                  |   | Journals   | 130            |
|                  |   | Unpublished Thesis   | 135            |
|                  |   | Web Sources  | 135            |
|                  |   | Publications   |                |