

TABLE OF CONTENTS

	Page
Title Page	i
Certificate by the Supervisor	ii
Declaration by the Scholar	iii
Dedication	iv
Acknowledgement	v
Contents	ix
List of Figures	xv
List of Tables	xvi
List of Appendices	xvii

CHAPTER-I	INTRODUCTION	Page 1-41
1.1	Obesity	2
1.2	Prevalence of Obesity	2
1.3	Prevalence of Diabetes and Hypertension in India	3
1.4	Prevalence of Coronary Heart Disease	3
1.5	Awareness of Obesity in Chennai	3
1.6	Changing Life Style of Children	4
1.7	Changing Food Habits in India	4
1.8	Role of Media	5
1.9	Advertising Gimmicks	5
1.10	Psychological Stress	6
1.11	Sexual Health	6
1.12	Critical Periods for the Development of Overweight	7
1.13	The causes of Obesity - Implications of the Fat Cell	7
1.13.1	Fat Cell	7
1.13.2	Weight Gain and Fat Cells	8
1.13.3	Weight Loss and Fat Cells	8
1.13.4	Implications for Weight loss Goals	9
1.13.5	Determination of Fat Cell Size and Number	10
1.13.6	Distribution of Fat	10
1.14	Obesity and Musculoskeletal Problems	11
1.15	Obesity and Adolescence	12
1.16	Status of Physical Education Programme in Schools	14
1.17	Health Related Fitness	16
1.17.1	Components of Health Related Physical Fitness	16
1.18	Physical Activity and Obesity	17

CHAPTER-I	TABLE OF CONTENTS (continued)	Page
1.19	Treatment of Childhood Obesity	18
1.19.1	Physical Activity	19
1.19.2	Diet Management	19
1.19.3	Behavior Modification	19
1.20	Obesity and Psychology	20
1.21	Gait	23
1.22	Obesity and Gait	23
1.23	Reciprocal Floor Contact Patterns	24
1.24	Gait Cycle Divisions	25
1.25	Timing	26
1.26	Stride and Step	26
1.27	Phases of Gait	27
1.27.1	Weight Acceptance	29
1.27.1.1	Initial Contact	29
1.27.1.2	Loading Response	29
1.27.2	Single Limb Support	30
1.27.2.1	Mid Stance	30
1.27.2.2	Terminal Stance	30
1.27.3	Limb Advancement	31
1.27.3.1	Pre-swing	31
1.27.3.2	Initial Swing	31
1.27.3.3	Mid Swing	32
1.27.3.4	Terminal Swing	32
1.28	Biomechanics	32
1.29	Biomechanics of Gait in Obese	33
1.30	Objectives of the Study	33
1.31	Statement of the Problem	34
1.32	Hypotheses	34
1.33	Significance of the Problem	35
1.34	Delimitations	36
1.35	Limitations	37
1.36	Meaning and Definition of the Terms	37
1.36.1	Obesity	37
1.36.2	Adolescence	38
1.36.3	Health Related Fitness	38
1.36.4	Cardiorespiratory Fitness	38
1.36.5	Body Composition	39
1.36.6	Flexibility	39
1.36.7	Muscular Strength	39
1.36.8	Muscular Endurance	39
1.36.9	Self Esteem	39
1.36.10	Assertiveness	39
1.36.11	Gait	40

CHAPTER-I	TABLE OF CONTENTS (continued)	Page
1.36.12	Gait Velocity	40
1.36.13	Cadence	40
1.36.14	Gait Cycle	40
1.36.15	Step Length	40
1.36.16	Stride Length	41
1.36.17	Single Support	41
1.36.18	Double Support	41
1.36.19	Stance Time	41
1.36.20	Swing Time	41
CHAPTER II	REVIEW OF RELATED LITERATURE	Page 42-101
2.1	Reviews Related to Health Related Fitness Variables	43
2.2	Reviews Related to the Selected Psychological Variables	58
2.3	Reviews Related to Biomechanical Gait Variables	65
2.4	Reviews Related to Fitness Programme	83
2.5	Summary of the literature	101
CHAPTER-III	METHODOLOGY	Page 102-146
3.1	Status Analysis	102
3.2	Selection of Subjects	103
3.3	Selection of Variables	104
3.4	Research Design	105
3.5	Pilot Study	105
3.6	Reliability of Data	105
3.7	Reliability of Instruments	107
3.8	Reliability of the Questionnaire as a Tool	107
3.9	Tester's Reliability	107
3.10	Subject Reliability	107
3.11	Orientation of Subjects	108
3.12	Method of Fitness Programme Intervention	108
3.12.1	Class room Education	109
3.12.2	Parent Involvement	109
3.12.3	Fitness Training	110
3.13	Training Schedule	110
3.13.1	Description of the Training Schedule	111
3.13.1.1	Monday and Friday–Cardiorespiratory Endurance Training	111
3.13.1.1.1	Prescription of Intensity	112
3.13.1.1.2	The Karvonen Formula	112
3.13.1.2	Tuesday and Thursday – Weight Training	112
3.13.1.2.1	Weight Training Exercise	114
3.13.1.3	Wednesday – Minor Games	115

CHAPTER-III	TABLE OF CONTENTS (continued)	Page
3.13.1.4	Saturday – Yoga and Meditation	116
3.14	Test Administration and Data Collection	117
3.15	Tester’s Assistants	118
3.15.1	Health Related Fitness Variables	118
3.15.1.1	Cardiorespiratory Endurance	118
3.15.1.2	Standing Height	119
3.15.1.3	Body Weight	120
3.15.1.4	Body Composition	121
3.15.1.5	Flexibility	122
3.15.1.6	Muscular Strength	123
3.15.1.7	Muscular Endurance	124
3.15.2	Psychological Variables	125
3.15.2.1	Self Esteem	125
3.15.2.2	Assertiveness	126
3.15.3	Biomechanical Gait Variables	128
3.15.3.1	Administration of the Gait Test	128
3.15.3.2	Gait test	128
3.15.3.3.	Gait Velocity	130
3.15.3.4	Cadence	131
3.15.3.5	Step Length	132
3.15.3.6	Stride Length	133
3.15.3.7	Gait Cycle Time	135
3.15.3.8	Single Support Time	137
3.15.3.9	Double Support Time	139
3.15.3.10	Stance Time	142
3.15.3.11	Swing Time	142
3.16	Statistical Techniques	145
3.16.1	Descriptive Statistics	145
3.16.2	Wilk Shapiro Normality Test	145
3.16.3	Analysis of Variance	145
3.16.4	Analysis of Covariance	145
CHAPTER IV	RESULTS AND DISCUSSIONS	Page 147-207
4.1	Overview	147
4.2	Test of Significance	148
4.3	Level of Significance	149
4.4	Body Mass Index Status of the Subjects	149
4.5	Results of Body Mass Index Status	149
4.6	Computation of Analysis of Covariance	151
4.6.1	Cardiorespiratory Endurance	151
4.6.1.1	Results of Cardiorespiratory Endurance	151
4.6.1.2	Discussion on the Findings of Cardiorespiratory Endurance	154
4.6.2	Body Composition	155

CHAPTER-IV	TABLE OF CONTENTS (continued)	Page
4.6.2.1	Results of Body Mass Index for Age	155
4.6.2.2	Discussion on the Findings of Body Mass Index for Age	157
4.6.2.3	Percent Body Fat	158
4.6.2.3.1	Results of Percent Body Fat	158
4.6.2.3.2	Discussion on the Findings of Percent Body Fat	161
4.6.3.	Flexibility	162
4.6.3.1	Results of Flexibility	162
4.6.3.2	Discussion on the Findings of Flexibility	164
4.6.4	Muscular Strength	165
4.6.4.1	Results of Muscular Strength	165
4.6.4.2	Discussion on the Findings of Muscular Strength	167
4.6.5	Muscular Endurance	168
4.6.5.1	Results of Muscular Endurance	168
4.6.5.2	Discussion on the Findings of Muscular Endurance	170
4.6.6	Psychological Variables -Self Esteem	171
4.6.6.1	Results of Self Esteem	171
4.6.6.2	Discussion on the Findings of Self Esteem	173
4.6.7	Assertiveness	174
4.6.7.1	Results of Assertiveness	174
4.6.7.2	Discussion on the Findings of Assertiveness	176
4.6.8	Biomechanical Gait Variables – Gait Velocity	177
4.6.8.1	Results of gait velocity	177
4.6.8.2	Discussion on the Findings of gait velocity	179
4.6.9	Cadence	180
4.6.9.1	Results of Cadence	180
4.6.9.2	Discussion on the Findings of Cadence	183
4.6.10	Step Length	184
4.6.10.1	Results of Step Length	184
4.6.10.2	Discussion on the Findings of Step Length	186
4.6.11	Stride Length	187
4.6.11.1	Results of Stride Length	187
4.6.11.2	Discussion on the Findings of Stride Length	189
4.6.12	Gait Cycle Time	190
4.6.12.1	Results of Gait Cycle Time	190
4.6.12.2	Discussion on the Findings of Gait Cycle Time	192
4.6.13	Single Support Time	193
4.6.13.1	Results of Single Support Time	193
4.6.13.2	Discussion on the Findings of Single Support Time	195
4.6.14	Double Support Time	196
4.6.14.1	Results of Double Support Time	196
4.6.14.2	Discussion on the Findings of Double Support Time	198
4.6.15	Stance Time	199
4.6.15.1	Results of Stance Time	199
4.6.15.2	Discussion on the Findings of Stance Time	201
4.6.16.	Swing Time	202

CHAPTER-IV	TABLE OF CONTENTS (continued)	Page
4.6.16.1	Results of Swing Time	202
4.6.16.2	Discussion on the Findings of Swing Time	204
4.7	Discussions on Hypotheses	205
CHAPTER V	SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	Page 208-212
5.1	Summary	208
5.2	Conclusions	210
5.3	Recommendations	211
5.4	Suggestions for Further Research	212
BIBLIOGRAPHY		Page 213-231
Books		213
Journals and Periodicals		216
Unpublished Thesis		230
Web Resources		231