Methodology

1. Sample

Forty (N=40) female subjects, age group ranging from 45 to 50 years, will be pooled randomly as sample. The criteria for inclusion and exclusion of the subjects will be as follows:

- The housewives from Mumbai Sub Urban will be included in the experiment.
- The subjects who are expected to remain present till the experimental trials are finished will be incorporated in this study.
- The subjects irrespective any community, willing to participate in this study, will be incorporated.

2. Experimental Design

The subjects will be divided into two equal groups viz., Gr. A, and Gr. B. Group-A will participate in the “Yoga Exercise Schedule”, and Group-B will be acted as “Control Group.” There will be daily 60 minutes practice considering the above schedules except Sundays and holidays. During daily experimental period while all the subjects of selected groups will be involved with their respective training schedules, the subjects of control group will be kept busy with their regular routine.

The total duration of the experimentation will be at least for four months (including testing dates, Sundays, and holidays) which include the one experiment, one follow-up programmes to record the long term effects of the experiment and one detraining programme of 6 weeks each. This is a randomised block design (Hubbard, 1973) which consists of the following steps:

Step-I (Pretest)

Selected fitness components tests of all the subjects belonging to control and experimental groups will be tested prior to the experiment by using standard tests and assessed
by implementing standard tests (Frost & Cureton, 1977). The scores of fitness components will be recorded carefully.

**Step-II (Training / Treatment)**

After pre-testing, the subjects of experimental groups will receive their respective training, as stated above, for 60 minutes daily. The subjects of the control group will be kept busy with their regular house schedule.

**Step-III (1st Post Test)**

After completion of the eight weeks of experiment, as stated above, all the subjects of both the control and experimental groups will be directed for 1st post-testing. Here the testing procedures will be same as mentioned in the pre-test.

**Step-IV (1st Follow-Up Programme & 2nd Post Test)**

First Follow-Up (F.U.) programme will start for another 8 weeks after completion of 1st post testing (Step-III). In this programme, the subjects of all the groups (both control and experimental) will practice regularly 1 hr.day\(^{-1}\) except Sundays and holidays what they already learnt in Step-II under the passive involvement of the teacher. After completion of the 1st follow-up programme of 8 weeks, all the subjects of both the control and experimental group will be instructed for 2nd Post Test. Here the testing procedures will be same as mentioned in the pre-test.

3. Variables to be Tested

- Motor Fitness variables as required by Football players (Frost & Cureton, 1977).

**Statistical Analysis**

The data collected will be analyzed by using descriptive statistics. The treatment effects of the training procedures will be determined by applying standard statistical procedure (MANOVA test).