PROCEDURE

SELECTION OF SUBJECTS

10 boys from each age ranges were selected randomly from the B.V.M college, bah District Agra (U.P).

ADMINISTRATION OF TESTS

All the subjects in the study will be tested on the selected criteria of pulmonary and circulatory functions, after the pre-test, two groups will be kept as experimental groups and two groups will be kept as control. Group A is the control group and group A1 is the experimental group undergoes the ergometer endurance training similarly in another age group B is the control group and B1 group is experimental group. After observing the significant difference in between the group “A” and “A1” we compare the difference of significant difference of “B” and “B1” and compare the ratio in between.

COLLECTION OF DATA

A ten weeks training programme will be given to subjects on different intensities for the collection of data. A pre-test of subjects and after training post-test will be taken of cardiovascular & pulmonary variables.

a) SAMPLING PLAN- For the collection of data the 30 subjects will be selected randomly from the Bahadawarvidyanandir Degree college bah, Agra.

b) PLAN OF ANALYSIS-In order to compare the effects of aerobic training program training programme on circulatory and pulmonary functions, statistical technique Analysis of covariance (ANCOVA) will be used. The level of significance was set at 0.05.

c) DESIGN OF STUDY- For the study the pre-test-post-test randomized group design will be used.

d) DESIGN OF EXPERIMENT- Pre-test and post-test randomized group design will be used for this study as all subjects were randomly selected and divided into four groups i.e. two experimental and two control group. Each group consist of 10 subjects. The subjects will be administered the initial test which will be followed by 10 weeks of Aerobic endurance training programme and after 10 weeks final scores on the circulatory and pulmonary functions will be recorded.