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COMPARATIVE STUDY OF THE SIMPLE RUNNING ON THE TREADMILL AND FAST RUNNING AND ITS EFFECT ON THE PULSE AND BREATHING SPEED OF STUDENTS OF DIFFERENT AGES



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Abstract:

The main objective of the study was to compare the Simple Running on the Treadmill and Fast Running and its Effect on the Pulse and Breathing Speed of Students of Different Ages. The subject of the research work was experimental, 100 students from the age group of 12-25 were taken at the Amravati Physical Education College for proper results. To conduct a simple study on the impact of breathing speed and speed on the treadmill, 100 students were taken in the age group of 12 -25. Average and S.D. Method was used to data analyzed. There was no significant effect on the pulse and breathing speed of the students in the age group of 18 to 22 years.

Keywords: Running, Pulse Rate, Breathing Speed & Students.

Introduction:

Olympic competition Asian competition or any level of competition, we find it. New scientists and technicians are developing new highs in the competition with pure skill. And physical education coach sports experts and players are thinking about how to break that mark. Competitive and dynamic competitions require the physical ability of the player to acquire his skill. It requires speed, strength, stamina, agility, flexibility, endurance as well as coordination with the player's attitude and his skills.

In the scientific age, sports have got a mechanical form. All this has happened due to the radical change through sports and physical education. Various studies have begun due to various researches. Based on their study, we see the skill of the competition as the highest peak. Different studies led to many studies. From them, sports medicine, sports psychology, biomechanics, physiology etc. Based on their study, we see the skill of the competition as the highest peak. Running is an important natural tool of movement. It allows Blacks to participate in the sport. Likewise, each sport meets the need for extra stamina and constant ability to run. Each and every activity depends on running. In merit You need help with running if you see the speed. The activity on each runway depends on the running. Each training or adaptation program has a running component. From the act of running we can know

who the fastest and most enduring person on earth is. The treadmill has an address that runs on electrical energy. It can run fast on this address. By placing one end of this address upwards, the fluctuations can be made. Some treadmills can also create slope by keeping the opposite side elevated. It is rotating like a strap.

Pulse rate is called a river of arterial blood pressure. Normally, low pulse rate is considered a sign of good health. The reason is less. Training a player to develop his shunts better this will extend its resistance power. Exercise requires more than 3 times more oxygen than usual and produces more carbon dioxide than usual. But the amount of oxygen and carbon dioxide in the blood does not change much in exercise.

Statement of the problem

Generally, it is shown that the efficiency of the mass cells is enhanced by the tests. How does simple running on a treadmill and fast running affect the pulse and breathing speed of students of different ages? The following is a description of this problem.

"Comparative study of the effects of pulse and breathing on students of different ages for simple running and running on the treadmill"

Objective of the Study:

The main objective of the study was to compare the Simple Running on the Treadmill and Fast Running and its effect on the Pulse and Breathing Speed of Students of Different Ages.

Material Method:

The subject of the research work was experimental, 100 students from the age group of 12-25 were taken at the Amravati Physical Education College for proper results. To conduct a simple study on the impact of breathing speed and speed on the treadmill, 100 students were taken in the age group of 12 -25.

- Group A under 12 to 14 years
- Group B under 14 to 16 years
- Group C under 16 to 18 years
- Group D under 18 to 22 years
- Group E under 22 to 25 years

Table No: I

Table showing the Simple Running on Treadmill

Sr. no	Student no.	Average	Certified deviation	Average distance	"t" value
Before experiment	20	16.6	1.96	11.55	25.66
After experiment	20	28.15			

Table No: II
Table showing the Fast Running on Treadmill

Sr. no	Student no.	Average	Certified deviation	Average distance	"t" value
Before experiment	20	16.6	2.20	15.45	30.58
After experiment	20	32.05			

Conclusion:

- The steep run on the treadmill showed that the students' pulse and breathing speed increased.
- Simple running and treadmill on treadmill showed increased pulse and breathing rate for students in the age group of 12 to 14 years.
- There was no significant effect on the pulse and breathing speed of the students in the age group of 18 to 22 years.
- Simple running and fast running on the treadmill increases the rate of breathing.

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