



## **Effect of Lezium Exercises on selected Physical Fitness Components of School Girls**

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### ***Abstract***

*The purpose of the study was to investigate the effect of Lezium exercises training for twelve week on selected physical fitness components of school girls aged 13 to 15 year. To achieve the purpose the investigation was carried out in the Narhar Kurundkar High School, Kautha, Nanded. Sixty girls (n=60), were randomly assigned in to two groups Exp.Gr. (Lezium) and Control groups each group consists of 30 students. After the pre-test with the AAHPERD Youth Physical fitness Test Battery, the Exp. Gr. Lezium underwent a training programme of selected Lezium exercises, the dependent variable were assessed before and after training period. Lezium training showed significant improve in Muscular strength (Dynamic) (CD=0.63,  $p<0.01$ ), Abdominal muscles strength (CD=0.64,  $p<0.01$ ), agility (CD=0.63,  $p<0.01$ ) Explosive strength of legs (CD=0.74,  $p<0.01$ ), speed (CD=0.57,  $p<0.01$ ), flexibility (CD=0.59,  $p<0.01$ ), cardiovascular endurance (CD=0.66,  $p<0.01$ ). Control group did not show any significant differences in all variables.*

**Key Words:** *Lezium Exercise, Physical Fitness*

## **Introduction**

Physical inactivity among school girls often carries a negative social stigma that affects health along with declined physical fitness. To achieve their normal improvement of factors of physical fitness in growing age, various researches investigated the effects of different physical activities on sports performance and associated variables of physical fitness

Lezium is also originated in India which has traditional importance especially in Maharashtra. Although availability of research on Lezium is meager; Lezium is an aerobic activity, which is performed in utilizing more oxygen. It is proposed that perhaps huge amount of oxygen is burned through ATP (Adenosine Tri Phosphate) and PC (Creatine Phosphate) system in liberating energy for muscular work as needed for performing Lezium. Being a traditional indigenous activity, the advantages of Lezium exercise are experienced as good for heart and lungs in improving flexibility, muscular strength and endurance, and in burning calories to reduce body fat. Lezium exercises on body functions for school girls are really significant.

Traditional text and mythological references reveal that Indian system of rhythmic exercises (activities) have tremendous influence for development of human potentialities. However, introduction of newly western fashion as well as techno-sports in the country diverted Indian young generation to participate in modern sports with the result so that our Indian traditional practices, sports, exercises and rhythmic activities (Lezium) are neglected.

Without doubt, some of the Indian researchers have although tried to do certain experiments towards proving the favourable benefit of Lezium exercises, the controlled experiment in this direction is meager. Lezium for health and fitness benefit was strategically planned in this study, entitled, "*Effect of Lezium Exercises on selected physical Fitness components of School Girls*".

## **Materials and method**

The investigator has used two group designs that consist of one control group and one experimental group. The investigation was carried out in the Narhar Kurundkar High School, Kautha, Nanded. sixty girls (n=60), aged 13 to 15 years were randomly assigned in to two groups Exp. Gr. Lezium and Control group. Each group consists of 30 students. After the pre-test with the AAHPERD Youth Physical fitness Test Battery, the Exp. Gr. Lezium underwent a training programme of selected Lezium exercises the Control group did not participate in any training

programme Lezium training programme to the subjects of the Exp. Gr. Lezium has been imparted daily for 60 minutes in the afternoon. The training programme was imparted six days in a week except Sunday and holidays for a total period of 12 weeks (three months). The subjects of the control group not participated in Lezium activity After the experimental period is over, the subjects of all the groups were post-tested with the AAHPERD Youth Physical fitness Tests.

1) Dependent variable-Physical Fitness components

<b>Factors</b>	<b>Test for measurement</b>
1. Muscular strength (Dynamic) and muscular endurance of arm and shoulders.	Flexed Arm Hang test
2. Muscular Strength	Bend knee sit ups
3. Speed and Agility	Shuttle Run
4. Explosive Strength of Legs	Standing Broad Jump
5. Speed of Lower Extremities and Explosive Strength	50 Yard Dash
6. Cardio Vascular Endurance	1.5 Mile Run –Walk
7. Flexibility	Babbing Test

2) Independent Variables-A set of selected Lezium excises for Experimental Group

**Results on Physical Fitness Components 2012**

1. Result on Muscular strength (Dynamic) of Arms & shoulder. Lezium training showed significant improvement in Muscular strength (Dynamic) (CD=0.63,  $p < 0.01$ ). Controlled subjects did not show any change in Muscular strength (Dynamic) (CD=0.07,  $p > 0.05$ ).

2. Result on Abdominal Muscles Strength. Lezium training showed significant improvement in Abdominal muscles strength (CD=0.64,  $p < 0.01$ ).

3. Controlled subjects the scores of Abdominal muscles strength were unaffected (CD=0.15,  $p > 0.05$ ).

### **Result on Agility**

1. Lezium training showed significant improvement in agility (CD=0.63,  $p<0.01$ ). Controlled subjects did not show any change in agility scores (CD=0.09,  $p>0.05$ ).

### **Result on Explosive Strength of Legs**

1. Lezium training showed significant improvement in Explosive strength of legs (CD=0.74,  $p<0.01$ ).

2. Controlled subjects did not show any change in Explosive strength of legs (CD=0.10,  $p>0.05$ ).

### **Result on Speed**

1. Lezium training showed significant improvement in speed (CD=0.57,  $p<0.01$ ).

2. Controlled subjects did not show any change in speed (CD=0.06,  $p>0.05$ ).

### **Result on Flexibility**

1. Lezium training showed significant improvement inflexibility (CD=0.59,  $p<0.01$ ).

2. Controlled subjects did not show any change in flexibility (CD=0.16,  $p>0.05$ ).

### **Result on Cardiovascular Endurance**

1. Lezium training showed significant improvement in cardiovascular endurance (CD=0.66,  $p<0.01$ ).

2. Controlled subjects did not show any change in cardiovascular endurance (CD=0.09,  $p>0.05$ ).

### **Findings**

1. Lezium exercises to improve abdominal muscles strength, flexibility, muscular strength (dynamic), explosive strength of legs, speed, agility and cardiovascular endurance.

2. Lezium activities are to improve almost all the selected physical fitness variables in school girls.

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