# EFFECT OF EXERCISE ON RED BLOOD CELLS AMONG THREE DIFFERENT PHYSICALLY ACTIVE GROUPS

***Ghosh Arnab and **Kundu B. N.**

1. Assistant Professor, Department of Physical Education, Union Christian Training College, Netaji road, Berhampore, **INDIA.**
2. Professor, Department of Physical Education, Visva-Bharati University, W.B, **INDIA.**

**Email:** arnabcricket007@gmail.com

*(Received May 03, 2015, accepted June 02, 2015)*

## ABSTRACT

*The aim of this study was to compare and examine the red blood cells among highly physically active, moderate physically active and low physically active groups in 16 weeks of observation. Thirteen (13) SAI football students as highly physically active group (SAI group), twelve (12) professional physical education students as moderate physically active group (B.P.Ed group) and ten (10) general college going students as very low physically active group (General group) who has normal blood cells count at the beginning of the session with an average age of 21.16±1.85 have participated in this study voluntarily. SAI and B.P.Ed groups were involved in their respective training schedule under the supervision of experts. Researcher observed all the groups for16 weeks and collected the data three times for every sample. Red blood cells count has been determined by using Syxmex auto-hemato analyzer. Measurement results were presented as average and standard deviation. Repeated measures ANOVA followed by Newman-Kuels post hoc test was used in order to make the comparison between three groups. $P<.0.05$ value was considered to be significant. The result of the study found that Red Blood Cells level of SAI, BPEd and General student was at normal level. No significant difference in Red Blood Cells were evident between SAI vs B.P.Ed groups ($q=1.58$, $p>0.05$). However, statistical difference in Red Blood Cells level was evident between B.P.Ed vs General students ($q= 2.87$, $p<0.05$) and SAI vs General students ($q= 2.80$, $p<0.05$);. Here Red Blood Cells level of B.P.Ed. as well as SAI students were better than the General students. The SAI and general students groups could not show significant change in Red Blood Cells level during $2^{nd}$ and $4^{th}$ months respectively. However, for B.P.Ed students, the Red Blood Cells level was found progressively increased significantly.*