

**EFFECT OF CIRCUIT TRAINING ON OBESITY, VITAL CAPACITY AND FLEXIBILITY AMONG SCHOOL GOING OBESE CHILDREN**

**\*Shejin, K. V. and \*\*Vivekanandhan, T.**

1. Assistant Professor, Dept. Physical Education, Government Engineering College, Thrissur, Kerala, **INDIA.**
2. Associate Professor, Department of Physical Education, Christ College, Irinjalakuda, Thrissur, Kerala, **INDIA.**

**Email:** shejinkv1976@gmail.com

*(Received April 4, 2020, accepted May 19, 2020)*

**ABSTRACT**

*The present study aimed at to test the effects of circuit training program on obesity (% of body fat), Vital capacity and flexibility of the overweight and obese boy/male students from Chinmaya Vidyalaya, Kolazhy, Thrissur, Kerala and their age ranged from 10-14 years. For this study, the researcher has randomly selected thirty obese and overweight boys based on their BMI scores, who were having BMI above 26 were selected. The thirty subjects were divided into two groups: experimental group and control group. Each group consists of 15 subjects. A circuit training program has been implemented on the experimental group for 12 weeks (3 days in a week) whereas the control group did not undergo any type of treatment. The pre and post data were collected before and after the circuit training program. All the data were analyzed using SPSS statistical package to determine the effect of 12 weeks circuit training program. Paired t-test was applied to find out significant effect of the training between groups. The results show that the training program has made significant impact on the dependent variables and it was found effective.*