

COMPARISON OF STEP AEROBICS AND AEROBICS DANCE ON CARDIORESPIRATORY ENDURANCE

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ABSTRACT

The main purpose of this study was to find the comparative effect of step aerobics and aerobic dance on Peak Expiratory Flow and Cardiorespiratory Endurance. This was an experimental type of study in which the 45 female bachelor degree students, their age ranging from 17 to 21 from various colleges of Thiruvananthapuram were selected as subjects. They were randomly divided into 3 groups of which one control group and two experimental groups comprising of 15 students in each group. Group A underwent step aerobics, group B underwent aerobic dance and group C remained as control. The following variables were selected for this study; 1. Blood pressure (systolic and diastolic), 2. Peak expiratory flow rate (PEFR), 3. Cardiorespiratory endurance. In conclusion, the 12-week step aerobics dance and step aerobics program performed 3 times/week led to improved cardiorespiratory endurance. There is an improvement in the peak expiratory flow rate due to the aerobic dance and step aerobics training programs. There is a positive improvement in systolic and diastolic blood pressure with aerobic dance and step aerobics training program. These results help to interpret that the effect of Aerobic dance and step aerobics training programs are useful in developing Cardiovascular Endurance as well as peak expiratory flow.