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The Effect of Aerobic, Yoga, and Aerobic- Yoga Training Modes on Physical Fitness of Female Students Participated in the Classes of General Physical Education I

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The purpose of the present study was exploring the effect of the aerobic, yoga and aerobic-yoga training modes on some of the factors of female students' physical fitness. For that reason, 76 sedentary female students participated in the general physical education I classes held by Ferdowsi University of Mashhad with an age range of 19-25 years who had not had any experience about selected training modes voluntarily selected. They were randomly and equally assigned to three experimental groups (aerobic, yoga and aerobic-yoga) and one control group. The subjects participated in experimental groups in certain exercises held during 14 weeks, two sessions of 60 minutes each per week. During this period, the subjects of control group participated in theoretical classes of physical fitness and had no organized exercise programs. At the end of exercises in experimental groups, in order to collect data, 1200-meter run, vertical jump, shuttle run, sit-ups and push-ups tests were used for assessing the factors of physical fitness. One-Way ANOVA and Tukey's Post Hoc Test showed that the mean of total physical fitness and the factors of cardio-respiratory endurance, muscular strength and abdominal and upper body muscular endurance in aerobic, yoga, and aerobic-yoga groups compared to the control group was significantly higher ($P < 0.05$). Also, the means of agility in yoga group and aerobic-yoga group were significantly higher than aerobic and control groups ($P < 0.05$). The results indicate that the selected training modes especially yoga exercises have improved the physical fitness and its factors among the female students. Therefore, it is recommended that these training modes to be used in instructional programs of general physical education I.

Keywords: aerobic, yoga, physical fitness, female students