METHODOLOGY

III.1 – SAMPLE:

The samples of this study will be Athletes ranging between 18 to 25 years of age and are studying in undergraduate and postgraduate college. In all 100 athletes will be selected for the study in which 25 Athletes will be imparted continuous endurance training method along with pranayama, 25 Athletes will be imparted with only continuous training, 25 Athletes will be imparted with interval training along with pranayama, 25 Athletes will be imparted with only interval training. The initial tests will be administered on each individual considering all the required conditions for the standard tests. All the subjects will be regularly trained according to the weekly training scheduled prepared considering the science of training. In all 4 groups of 25 will be trained regularly. After every month the same tests will be administered on all the subjects for noting the development accordingly. In all 7 times the tests will be conducted and the results will be noted for statistical calculation and analysis.

III.2 – VARIABLES:

Dependent Variables:
College Students

Interweaving Variables:
(1) Sex: Boys
(2) Age: 18 years to 25 years
(3) Criteria: Athletes
(4) Times: Initial and Final.

Independent Variables: Development of Endurance:
(1) Canadian fit test (for VO₂ max and Metabolic Equivalent MET)
(2) Harvard Step Test.
(3) Coopers Test.

III.3 - TOOLS AND MEANS:

All standardized test according to age, sex or category and the coefficient of the reliability and validity already proven will be administered.

The research scholar will use some of the selected motor ability tests which are applicable to the selected age group and samples and are universally accepted and established standard tests for assessing development of motor abilities.

MEANS:

Personal data bank: Personal data bank will consists of the following aspect: Full name, date of birth and age, diet (vegetarian/ mix), height and weight.

Motor ability tests:
(1) Canadian fit test for VO₂ max and Metabolic Equivalent (MET)
(2) Harvard Step Test for Physical Fitness Index (PFI)
(3) Coopers Test for assessing VO₂ max
III.4 – PROCEDURE:

The subjects will be selected randomly from the athletic group of the college. Overall 100 subjects will be divided into 4 equal groups of 25 each ranging between 18 to 25 years of age group. The tests will be administered with all specifications and standard conditions starting with warming up exercises, optimum active rest periods in between and cooling down at the end. The condition of the subjects will be observed normal and motivated to take part in the tests. An preparatory talk will be arranged for assessment the initial day’s workout.

III. 5 - COLLECTION OF DATA:

The subjects will be selected randomly from the athletics group of undergraduate and postgraduate classes and will be made to undergo regular training under expert supervision. Periodically the tests will be conducted to assess the development in the endurance with different training means and methods adopted along with their specific events. In all 4 groups viz. (1) Experimental Group Continuous Endurance Training Method only, (2) Experimental Group Continuous Endurance Training with Pranayama, (3) Experimental Group Interval Endurance Training Method only, and (4) Experimental Group Interval Endurance Training Method with Pranayama.

The subjects will be made to undergo standard tests every month and in all 7 times tests will be organized in 6 months of training. The initial test and the final scores of the tests will be compared to assess the development.

III.6 – STATISTICAL METHODS:

(1) The mean will be used to study the measures of the average in development.

(2) Standard Deviation will be computed in the study for the measures of variability. Standard deviation reflected the magnitude of the deviations of the scores from their mean.

(3) For testing the hypothesis for the difference between various samples means the t-Test is used at significance of .05 levels.