INTRODUCTION

Aqua Aerobics, also referred to as water aerobics, is one of the most effective and safe ways to get the players into shape. Water Aerobics is the performance of aerobic exercise in shallow water of a swimming pool. Usually, an instructor stands on the deck of the pool, demonstrating various arm, leg and core exercise, and the subjects stand in chest deep water, follow the regime. These exercises are usually done to rhythmic music. Weights can also be included in the work out. Each work out session, which incorporates slow cardio and stretching exercise to get the muscles ready for the increased activity to follow, and ends with a cool down, where the limbs and other parts of the body are stretched and relaxed.

Like other forms of aerobic work out, swimming pool exercises have benefits like helping you in losing weight, lowering blood sugar levels, reducing stress, lowering blood pressure etc. People who are overweight also find aqua aerobics a great way to exercise. One of the reasons over weight people get quickly discouraged from continuing a conventional exercise program is the great stress their joints and ligaments undergo which can result in injury and pain. However in aqua aerobic the body gets buoyant in water and less stress is put on joints and ligaments, it not only reduces the chances of injury and overweight people can actually enjoy their work out. This can be a great motivating factor for them to stick to their exercise routine and thereby shed their excess weight.

JUSTIFICATION (NEED OF THE STUDY)

The review provides us with an opportunity of gaining right into the methods, measures, subjects and approaches employed by other research workers. Study of physical education implies locating reading evaluating reports of research as well as reports of casual observation and opinion that are related to the individual planned research projects.

Such a history of physical education brings about a deep insight and a clear prospective of the over all performances.
The entire body correct coordination of all the body parts are essential to the development of total over all personality for maintaining the healthy attitude and the best fitness.

EFFECTS OF AQUA AEROBICS ON CARDIOVASCULAR FITNESS IN RELATION TO DEVELOPMENT OF PHYSICAL FITNESS

- Develops a feeling of pride in yourself.
- Improves your posture.
- Helps you think clearer and faster.
- Corrects your body alignment.
- Boosts your morale and confidence.
- Makes you stronger, more coordinated, flexible, peaceful and energetic.
- Trims and shapes your waist, hips, thighs, buttocks, calves, ankles, upper arms and abdomen.
- Enhance your ability and performances in other activities.
- Improves the capacity of your heart, lungs and circulatory system.
- Eliminates back and neck pain.
- Increases your stamina.
- Contributes to healthier looks. Prevents falling hair
- Gives you glowing skin.
- Improves diet and Burns fat and calories.
- Releases physical and emotional stress, anxiety, worries and tensions. Gives you a look of authority and power.
- Helps you lose weight and inches. Helps you stay at your ideal weight and helps you to grow taller.
- Reduces and eliminates head-aches.
• Contributes to better relationships and more productivity at home and at work and improves your digestion and helps you look and feel years younger. Firms and tones sagging and flabby muscles,
• Promotes discipline so you can set goals and reach them.
• Helps you look and feel glamorous, calm, dynamic, radiant, sleek, elegant and healthy.

**Cardio Vascular Fitness**: Cardio Vascular fitness also called cardio respiratory fitness is the ability of the lungs to provide oxygen to the blood and the heart to transport the oxygenated blood to the cells of the body. It is also the ability of the body to sustain an activity for an extended period of time.

Participating in a cardio vascular conditioning program can help the participant to:

- Lower blood pressure
- Increase HDL Cholesterol
- Decreased total cholesterol
- Increase heart function and its ability to pump more blood
- Increase oxygen output to body
- Decrease resting heart rate
- Increase cardiac output and aerobic work capacity.

**Physical fitness**: Physical fitness is considered a measure of the body ability to function efficiently and effective in the work and leisure activities and to meet emergency situations. Physical fitness was commonly defined as the capacity to carry out the day activities without undue fatigue.

**Components of Physical Fitness**:

1. Strength
2. Power
3. Agility

4. Balance

5. Flexibility

6. Strength Endurance

7. Co-ordination