

# Comparative Effect of Aerobic and Yogic Exercises on the Selected Physical, Physiological and Academic Performance of Non-Participants of Sports at Secondary Secondary School Level

**Sri Mohana Kumara**

Physical Education Director

Government Ramanarayan Challarama College of Commerce and Management, Bangalore, Karnataka, India

**Abstract:** *Physical activity has a direct effect on well-being and health. To be fit and healthy we need to be physically active. Regular physical activity can help protect us from serious diseases like obesity and mental illness among children. The recent study reveals that 60% of the Secondary School going children suffers obese. Physical exercise, particularly continuous aerobic exercises such as running, cycling and swimming, has many cognitive benefits and effects on the brain include increases in neurotransmitter levels, improved oxygen and nutrient delivery. The effects of exercise on memory have important implications for improving children's academic performance, maintaining mental abilities among children. Riding bicycle regularly is none of the best ways to tackle the health problems associated with a sedentary lifestyle. Physical fitness and health are the integral part of human life. Fitness and wellness of person are correlated to each other. In fitness body proportion and composition are important parameters and which has roles relevance with health related fitness. Maintenance of physical fitness is needed of the day in human society. In this age of stress and tension, low level of fitness leads towards, the exposure of degenerative and psychosomatic disorders including other in effective suffering. A lot of people live with fitness myths, having their own concepts and theories of fitness and health when it comes to fitness there are many that believe strongly in the dictum 'ignorance is bliss'.*

**Keywords:** Secondary School

## REFERENCES

- [1]. Awasare, Vivek G. (July 2013) "Effect of Aerobic Exercises on Physical Fitness and Body Composition of Secondary School Boys" Review of Research Online Journal, Vol. 2(10):1-3.
- [2]. Barrow, Harold M. and McGee, Rosemary. "A Practical Approach to Measurement in Physical Education" Philadelphia: Lea and Febiger, 1971
- [3]. Garrett, Henry E. and Woodworth, R.S. "Statistics in Psychology and Evaluation" Vakils Faffer and Simonx Pvt. Ltd., Ballard Estate, Bombay.
- [4]. Hosiso, Mathewos (2013) Effects of Aerobic Exercise on Improving Health Related Physical Fitness Components of Dilla University Sedentary Female Community. International Journal of Scientific and Research Publications, (December 2013), Vol.3(12): 1-4