

Influence of Aerobic Exercise on Cardiovascular Efficiency of Kabaddi Players

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Abstract: *The Purpose of the research is to study to measure cardiovascular adeptness variables of different subjects of age group of 20 to 25 years. Sample consisted of 40 Students's (two groups of each 20). The study was delimited to the male players. The subject was selected by using simple random sampling. The experimental period was of ten weeks. It is hypothesized that the aerobic exercise group will be significant different in cardiovascular efficiency variables. Cardiovascular efficiency was measure by Harvard step test. For the present study researcher uses Aerobic Dancing, Jogging & skipping. In this study data were analysis and interpreted with the help of statistical form.*

Keywords: Cardiovascular efficiency, Aerobic, skipping, Young Students