Effect of circuit training on systolic blood pressure of Annamalai University Students

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The purpose of the study is to find out the effects of circuit training on systolic blood pressure. Fifteen (N=15) men studying in Annamalai University Tamilnadu, India were randomly selected as subjects. The age, height and weight of the subjects ranged from 18 to 21 years, 162 to 171 cms and 60 to 68 kg respectively, and the standard deviations were 0.14, 0.06, and 0.09 kilograms respectively. Subjects selected (n=15) underwent Circuit Training for twelve weeks. A written consent was also obtained from the subjects. However, they were free to withdraw their consent in case they felt any discomfort during the period of their participation. There were no such dropouts in this study. The data collected from the subjects prior to and immediately after the training programme on the selected criterion variables were statistically analysed with dependent ‘t’ test the dependent ‘t’ test values between the pre and posttest means of Circuit Training is 4.14 respectively. Since the obtained ‘t’-test value of subject is greater than the table value 2.15 with df 14 at .05 level of confidence, it is concluded that Circuit Training have registered significant improvement in performance of Systolic Blood Pressure.

Keyword: Systolic blood pressure, circuit training

INTRODUCTION
Circuit training is a method of physical conditioning that employs both apparatus resistance training and calisthenics’ conditioning exercises. It provides a means of achieving optional fitness in a systemized controlled fashion. The intensity and vigor of circuit training are indeed challenging and enjoyable to the performer. The system produces positive changes in motor performance, general fitness, muscular power, endurance and speed (Aruheim, 1987).

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Systolic Blood Pressure
The pressure exerted on the vessel walls during ventricular contraction, measured in millimeters of mercury by the sphygmomanometer (Howley and Franks, 1997). Systolic pressure is the highest arterial pressure measured during a cardiac cycle. It is the pressure in the artery after blood has been ejected from the left ventricle.

Methodology
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**Selection of Variables**

**Dependent Variables**
The dependent variables selected in this study was Systolic blood pressure

**Training programme**
During the training period, the experimental group has undergone the training programme as given in table- 1

**Circuit Training**
The researcher selected eight exercises and fixed them as stations High Knee Action, Jump and Reach, Shuttle run, Bounding, Rope Skipping, Bent Knee Sit-ups, Jump Squats and Tuck Jumps to be carried out by the subjects and the same is shown in Figure-I.

<table>
<thead>
<tr>
<th>Table 1: Training Intensity for Circuit Training</th>
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<tr>
<td><strong>Week</strong></td>
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<tr>
<td>I-II</td>
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<td>III-IV</td>
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<tr>
<td>V-VI</td>
</tr>
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<td>VII-VIII</td>
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<td>IX-X</td>
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<td>XI-XII</td>
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</tbody>
</table>

As per the table above, total training period has been allotted to twelve weeks. Duration of each exercise per circuit varied from 40 to 50 seconds, number of circuits for these twelve weeks also varied from two to three. Recovery time taken between circuits also varied from four to five weeks.
Collection of Data
The data were collected from all subjects during their resting conditions.

Selection of Test
Systolic blood pressure Purpose
The purpose is to measure systolic blood pressure.

Equipment
A dial type of Sphygmomanometer and stethoscope, a chart and a table were used for recording the blood pressure.

Procedure
The blood pressure for the subjects was taken in the morning session. Each subject was given adequate time to relax in a seat in a comfortable position to maintain the normal blood pressure. The blood pressure for all the subjects were taken in a systematic manner for which the subject’s right arm was completely made bare to make certain that clothing did not press the blood vessels. The Sphygmomanometer was kept at the level of the heart to avoid any gravitational influences. The blood pressure measurement was taken with the subject in a relaxed position on the table. The cuff was wrapped around the arm evenly with the lower edge approximately one inch above the antecubital space. The stethoscope was placed firmly over the artery in the antecubital space. It was made sure that stethoscope was free from contact with the cuff. The cuff was inflated until the artery fully collapsed to the extent that no pulse beat could be heard. Pressure was then released by releasing the knob slowly as the investigator watched the gauge. When the first sound of the pulse became audible, the reading in millimeters of mercury at the instant was recorded as systolic blood pressure.

Scoring
The reading in the blood pressure apparatus at which the sound was first heard was taken as systolic blood pressure.

Statistical Technique
The data obtained from the experimental group before and after the experimental period were statistically analyzed with dependent ‘t’-test.

Systolic Blood Pressure
The analysis of dependent ‘t’-test on the data obtained for Systolic Blood Pressure of the subjects in the Pre-test and Post-test of experimental group and control group has been presented in Table II.

Result

Table 2: The summary of mean and dependent ‘t’ test for the pre and post tests on systolic blood pressure of experimental group

<table>
<thead>
<tr>
<th></th>
<th>Pre- test mean</th>
<th>t- test</th>
<th>4.14*</th>
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<tbody>
<tr>
<td>Post-test mean</td>
<td>121.73</td>
<td></td>
<td></td>
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</tbody>
</table>

* Significant at .05 level.
(Table value required for significance at .05 level for ‘t’-test with df 14 is 2.15)
Result
From table II it is learnt that the dependent ‘t’ test values between the pre and posttest means of Circuit Training is 4.14 respectively. Since the obtained ‘t’-test value of experimental groups is greater than the table value 2.15 with df 14 at .05 level of confidence, it is concluded that Circuit Training have registered significant change on systolic blood pressure.

References