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Effect of Circuit Training on Cardiovascular Fitness and Bmi in Overweight College Students

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Abstract

Background of the study: In developing countries like India, it is recognized that people aged 18-25 and above are a more vulnerable group of people with unhealthy lifestyles, leading to overweight and obesity. Studies prove that Obese and overweight individuals have lower cardiac fitness. So, this study determined the effects of circuit training on cardiovascular fitness in overweight college students and the impact of BMI in overweight college students.

Methods: The study was based on pre-test and post-test experimental study design. The study was conducted for 6 months. A total of 20 Students were selected using the convenience sampling method based on the selection criteria and were included in the study Circuit training program consisting of 10 types of Resistance exercise and Aerobic exercise – 3 times per week for 12 weeks, which was given to a single group where pre and post-test on cardiovascular fitness and BMI was taken.

Results: There was a significant difference between pre-test and post-test values when evaluated with the Harvard step test. A statistically significant improvement was obtained in students with cardiovascular fitness (paired 't' test value t = 21.33) and BMI (paired 't' test value t = 15.3).

Conclusion: The above results significantly improve cardiovascular fitness and BMI circuit training.