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COMPARATIVE STUDY OF VITAL CAPACITY BETWEEN SPORTS AND NON-SPORTS WOMEN

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ABSTRACT

The purpose of the study was to find out the comparison of vital capacity to height and weight for sports and non sports women. In order to see the vital capacity difference between sports and non sports women, 40 sports women selected from V.G. Women's College, Gulbarga and Govt. Women's First Grade College, Gulbarga were selected and their vital capacity was measured using vitalometre (wetspiro metre), in addition their weight and height.

Introduction :

The greatest volume of air that can be inhaled from the resting respiratory level is called the in respiratory capacity which amounts to 2 to 3 liters. From the resting respiratory level a considerable volume of air, which is about 1.5 litres, can be exhaled and this is known as reserve volume. The sum of the inspiratory capacity and the expiratory reserve volume is called the vital capacity which can be measured by requiring the subject to make the deepest possible inspiration, followed by a maximal expiration into a measuring



spirometer. The vital capacity varies considerably with a person's body build and, to lesser degree with physical condition of the subjects it has a range of about 3.5 to 6 liters. There has been no study conducted to know the difference in vital capacity between sports and non sports women and therefore the research was motivated to find out difference in vital capacity between the sports and non sports women.

Methodology :

In order to carryout the study 80 female students of 18 to 20 age group from V.G Women's College and Govt Women's First Grade College, Gulbarga were selected with regard to their age. The completed year was taken into consideration. All the subjects were free from any physical abnormalities and had no medical history contradicting their participation as subjects in this investigation non-athletes were never had training in any specialized physical activity. They are all participated in this investigation voluntarily and cheerfully without any compulsion. Subjects belonging to sports category had an previous occasion participated in state and national level sports, apart from taking part in the sports and games organized by University. Selected subjects were participated in athletics, basketball and volleyball.

Analysis of Data :

Table - 1

Table showing the mean and S.D. vital capacity, height and weight of sports and non sports women

	Sports Women	Non-Sports Women
Mean Height \pm S.D.	161.23 \pm 4.7	156.56 \pm 3.6
Mean Weight \pm S.D.	5078 \pm 5.1	45.73 \pm 5.3
Vital Capacity \pm S.D.	2.62 \pm 0.17	2.15 \pm 0.27



Conclusion :

1. The mean vital capacity of sports women is more than that of non-sports women.
2. There is significant positive relationship between vital capacity and height and vital capacity and weight of sports women.
3. There is significant difference between the correlation coefficients of vital capacity with height and weight of sports and non sports women.

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