116 ALTERATION IN THE SELECTED SKINFOLD VARIABLES OF FEMALE AS A RESULT OF LONGITUDINAL PHYSICAL TRAINING

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The aims of present investigation were: (1) to describe the selected skinfold variables of female students of University of Delhi; and (2) to study the effect of a long term physical training programme on selected skinfold variables of male volunteers from University of Delhi. The sample size for the study was 78 having three groups of female (namely progressive load or intensive training, constant load or moderate training, no load or sedentary group); each group having 26 samples (the mean age was 19.76 ± 0.69 years). The variables included skinfold measurements at biceps, triceps, forearm, subscapular, suprailiac, thigh and calf. Standard landmarks and measurement protocols were followed to measure the selected variables as described by various authors. Mean, SD and analysis of covariance were applied to test the variability of covariance as the effect of conditioning programme on selected groups (progressive load or intensive training, constant load or moderate training, no load or sedentary group); at different stages of testing that is, test-1, test-2, test-3, test-4 (intermittent stages of testing) in a longitudinal experimental paradigm of 18 weeks on selected variables of male. The paired t test comparison for mean difference was done as post-hoc analysis. The findings documents that the F-ratios were significant at 0.05 level, which were confirmed by post-hoc analysis at certain intersects of training stages and

groups. The level of significance chosen for testing the hypothesis was 0.05. The study concluded that a long term physical activity had a positive effect on selected skinfold variables of female volunteers from University of Delhi.