IMPACT OF STRENGTH TRAINING ON HIGH DENSITY LIPOPROTEIN AMONG COLLEGIATE FEMALE STUDENTS

*** Hussain Sakeer ** Shafeeq V. A. B. and *** Abraham George C.**

1. Deputy Director, Department of Physical Education, University of Calicut, Kerala, **INDIA.**
2. Assistant Professor, Department of Physical Education, KKTM Govt. College, Calicut University, Kerala, **INDIA.**
3. Assistant Professor, Department of Physical Education and Sports Sciences, Annamalai University, Tamilnadu, **INDIA.**

Email: drsakeerbpeclt@gmail.com

(Received November 12, 2013, accepted December 10, 2013)

ABSTRACT

The purpose of this study was to find out the effect of strength training on high density lipoprotein cholesterol among education students. Twenty bachelor of physical education female students (n=20) were randomly selected as subjects and their age ranged between 20 to 24 years. The selected subjects were randomly assigned into two equal groups such as experimental group (EG) and control group (CG) with ten subjects each (n=10). The experimental groups underwent their respective experimental treatment for twelve weeks, three days per week and a session on each day. Control group was not engaged to any specific training apart from their curriculum. High density lipoprotein cholesterol (HDL-c) was taken as variable for this investigation. Analysis of covariance (ANCOVA) was used to analyze the collected data. The results revealed that the experimental group (EG) produced significant improvement ($p \leq 0.05$ and 0.01) due to strength training on high density lipoprotein cholesterol when compared to control group (CG).