

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison study on Health Status between cycling and non-cycling girl (18-25) years

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



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ABSTRACT

Cycling is free of pollution and healthy for the user. The cycle is probably the most sustainable transport means yet invented in the present study. A survey was conducted to compare nutritional and health status between cycling in and non-cycling in girls. The survey was carried out at Mugeria, Purba Medinipur, West Bengal. The data was collected for cycling in girls (n=15) from 1st year student of Mugeria Gangadhar Mahavidyalaya and for non-cycling in girls (n=15) from general students of Mugeria Gangadhar Mahavidyalaya. The participants are asked about their total cycling time per day and week. It was found that there was no significance ($p > 0.05$) of pulse rate, waist-hip ratio, systolic blood pressure, diastolic blood pressure, pulse pressure and triceps between cycling in and non-cycling in girls. But it has noticed that Body mass index and calf measurement were significantly ($p < 0.05$) higher in cycling in girls as compare to non-cycling in. It was observed that more Percentage of disease and symptoms cycling in girls were suffering from muscle cramp, reduce fatigue, heart disease, back pain, menstrual problem, nerve disorder, lower cholesterol, blood pressure, osteoarthritis joint pain, as compare to non-cycling in girls whereas, more percentage of non-cycling in girls we're suffering from disease of obesity as compare to cycling in girls.

Keywords: cycling in girls, Health status, Body mass index, Waist-hip ratio, Blood pressure.

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LIST OF ABBREVIATION

BMI=Body Mass Ind

WHR=Waist Hip Ratio

BP= Blood Pressure

SBP= Systolic Blood Pressure

DSP= Diastolic Blood Pressure

PR=Pulse Rate

PBF= Percentage of Body Fat

SD=Standard Deviation

SE=Standard Error

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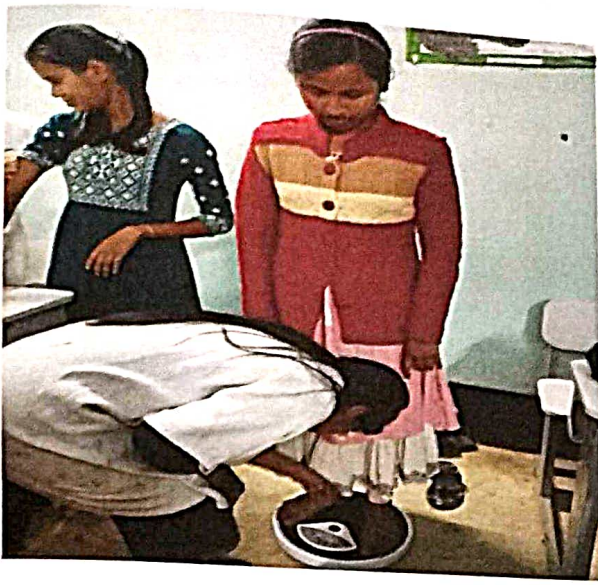


Plate 1: Different activities during survey of Cycling and Non cycling girls (18-25 year of age).



Plate 2: Different activities during survey of Cycling and Non cycling girls (18-25 year of age).



Plate 3: Different activities during survey of Cycling and Non cycling girls (18-25 year of age).

Results and Discussion