INTRODUCTION
Aerobic dance exercise is currently one of the most commonly practiced adult fitness activities. The majority of the research pertaining to this form of exercise supports its application as a valid cardiovascular training alternative, especially for adults if performed according to the American College of Sports Medicine (ACSM) guidelines. If however, the participant is interested in modifying body composition, training frequency, duration, or efforts toward caloric restriction may need to be increased or altered beyond those employed in the aerobic dance training investigations. The amount of energy expended during a bout of aerobic dance can vary dramatically according to the intensity of the exercise. 'Low intensity' dance exercise is usually characterized by less large muscle activity and/or less low extremity impact, and music of slower tempo. Dance exercise representative of this variety requires a cost of approximately 4 to 5 kcal/minute. Several trials, however, have shown that vigorous 'high intensity' aerobic dance which entails using the large muscle groups can require 10 to 11 kcal/minute. The associated training outcomes could be affected by such differences in dance exercise intensity and style. Group aerobic has grown in popularity and most of the facilities provide classes in high-impact and low-impact aerobics.

YOGA
Yoga means union of the individual soul or consciousness with the Universal Consciousness or spirit. It is a 5000 years plus old Indian technique of body culture. Indian seers and saints have been practicing Yoga since ancient times to bring flexibility to the spine and joints, to keep the muscles of the body pliable and youthful, increase circulation in arteries and strengthen internal organs. And yet, yoga is so much more than this. Yoga has been said to help strengthen the power of concentration, to banish constipation, to relieve stomach disorders, improve muscle coordination and reduce excess body fat. It was practised by Indian Sages to strengthen the mind-body connection, bring calmness and relaxation to mind. "High intensity" dance exercise is usually characterized by less large muscle activity and/or less low extremity impact, and music of slower tempo. Dance exercise representative of this variety requires a cost of approximately 4 to 5 kcal/minute. Several trials, however, have shown that vigorous 'low intensity' aerobic dance which entails using the large muscle groups can require 10 to 11 kcal/minute. The associated training outcomes could be affected by such differences in dance exercise intensity and style. Group aerobic has grown in popularity and most of the facilities provide classes in high-impact and low-impact aerobics.

METHODOLOGY
For this study 60 school boys selected from sri ramakrishna mission vidyalaya high school and swami shivananda higher secondary school Coimbatore and their ages were ranged from 13 to 15 years. The subjects were divided into two equal groups. Group 1 consist 30 subjects called as experimental group and group 2 consist of 30 students called as control group. The group I was assigned aerobic dance and yogic practices for a period of 12 weeks training programme. The control group was not allowed to participate in any kind of treatment. The dependent variables namely reaction time and hand eye coordination was tested and selected by the reaction timer test and mirror tracing board test respectively for this study. The data was analysed by the use of paired ‘t’ test. The obtained ‘t’ ratio was tested for significance at 0.05 level of confidence. The analysis of the data revealed that there was a significant improvement on the selected variables namely reaction time and hand eye coordination by the application of aerobic dance and yogic practice training programme.

RESULTS OF THE STUDY

<table>
<thead>
<tr>
<th>TABLE-I</th>
<th>COMPUTATION OF 'T'-RATIO BETWEEN THE PRE AND POST TESTS ON REACTION TIME OF EXPERIMENTAL AND CONTROL GROUPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>Experim ental</td>
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<tr>
<td>---------</td>
<td>---------------</td>
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<tr>
<td>Control</td>
<td>Pre Test</td>
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<td></td>
<td>Post Test</td>
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</tbody>
</table>

The table indicates that there was a significant improvement on the reaction time through the combined training of aerobic dance and yogic practices. It reveals that the obtained t-ratio 12.49 is significant because the ‘p’ value is lesser than the 0.05, level of confidence. So there was a significant improvement on the reaction time between the pre and post tests of experimental group, whereas control group showed no significant improvement. Hence the result indicates that the significant improvement on the reaction time was due to the combined training of aerobic dance and yogic practice alone.

FIGURE – I

THE FIGURE SHOWING THE MEAN DIFFERENCE OF PRE AND POST-TESTS SCORES ON REACTION TIME OF EXPERIMENTAL AND CONTROL GROUPS
eye coordination between pre and post tests of the experimental group, whereas the control group showed no significant improvement. Hence the result indicates that the significant improvement on the hand eye coordination was due to the combined training alone. The result of the study is in consonance with the research done by Deepa S Rathod and Sakpal Hoovanna (2017).

**CONCLUSIONS**

It was concluded that there was a significant improvement on the selected variables namely reaction time and hand eye coordination by the application of combined training programme of aerobic dance and yogic practices.

**REFERENCES**