

# THE EFFECTS OF HATHA YOGA ON STUDENTS PHYSICAL FITNESS VAN LANG UNIVERSITY, VIETNAM

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**Abstract:**

*Hatha Yoga practice is considered to be a method of improving and maintaining total wellness. The goal of the topic is to evaluate the effects of Hatha Yoga on students' physical fitness.*

*Methods: The thesis uses a convenient sampling method, anthropometric method, pedagogical test method, pedagogical experimental method, and statistical mathematical method.*

*Results: After 30 weeks of Hatha Yoga practice, students in the experimental group had forearm strength increased 6.68% in men and 7.83% in women, abdominal strength increased 12.62% in men and 16.05% in women, the strength of lower limbs increased 4.05% in men and 3.49% in women, overall endurance increased by 8.83% in men and 8.63% in women, body flexibility increased by 30.01% in men and 30.14% in women, left knee increased by 13.35% in men and 16.79% in women, movement amplitude of the right knee increased by 13.24% in men and 20.98% in women, the likelihood of holding an equal standing in one-legged position increased by 20.02% in men and 24.81% in women, all statistically significant with  $p < 0.05$  or  $p < 0.001$ . Particularly, the ability to coordinate motor coordination of both male and female students increased not significantly, the difference was not statistically significant with  $p > 0.05$ . As for the fitness of the control students, there was no significant change after 30 weeks ( $p > 0.05$ ).*

**KEYWORDS:** *Hatha Yoga, physical fitness, student.*

## I. Introduction

Sports are becoming increasingly important to increase confidence, stay healthy, socialize with peers, compete, and strengthen family affection. sports for all activities combined with people's daily schedules (work, school, leisure) and other components of a healthy lifestyle are decisions that enhance effective longevity. in

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