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The comparative study of portable virtual reality aerobic exercises vs. Zumba aerobic exercises in promoting cardio-pulmonary endurance of elderly clients in the area of cavite**Timothy Lance V. Tuppil**

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Cardio-pulmonary endurance is referred to the ability of the heart, lungs and circulatory system to deliver oxygen to working muscles for sustained periods of time. A cardiorespiratory endurance training program should include activities that elevate the heart rate and involve the body's large muscle groups. Most of the Elderly people in the Philippines are in demand of having Physical Rehabilitation which the researchers gather information's that most of the Elderly populations are having problems such as easily fatigue and acquired diseases. The Portable Virtual Reality Box is an artificial environment that is created with software and presented to the user in such a way that the user suspends belief and accepts it as a real environment. A Portable Virtual Reality comes naturally from the definitions for both virtual and reality. Aerobic Exercises is also known as cardio exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles. It also stimulates the heart rate and breathing rate to increase in a way that can be sustained for the exercise session. The Methodology that has been used is Quasi experimental using purposive sampling technique in thirty(30) participants in area Bacoor Cavite. The researcher gather the participants into (2) groups. The first (15) fifteen will be using Portable Virtual Reality Box and the second (15) fifteen will be using aerobic exercises. The study will be having (15) treatment sessions for (30) thirty minutes allotted time in each session in 5 weeks, there will be (1) one day interval per treatment session in every morning. The intervention of the study will be using RPE's Borg's scale and 6-minute walk test for pre and post assessment. The results using the RPE's Borg's scale on pre-test is and post-test mean score in using Portable Virtual Reality Box and Aerobic Exercises. In the pretest the Virtual reality aerobic exercises , and Zumba aerobic exercises has mean of -.533 has no significant difference .Yet at the post test sig. of 0.004 , with a p-value of 0.05 There is a significant difference between the post test scores of the control group and the experimental group. thus reject the null hypothesis. The researcher concluded that after 15 treatment session the utilization Portable Virtual Reality Aerobic exercise is more effective than Zumba Aerobic exercises in improving the Cardio-pulmonary endurance in the area of Cavite.

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