

Effect of supplementation with sesame stretching exercises on record for the 100m front crawl and anaerobic capacity swimmers

seyedeh monika hoseini*,

Objective: The aim of this study was to determine the effect of supplementation with sesame stretching exercises on record for the 100m front crawl and anaerobic capacity swimmers. This study was semi-experimental nature and just survey was carried out. The population of this study, female swimmers Sesame Group supplementation with an average age 11.10 ± 0.87 year, Stretching exercise group with an average age of 11.00 ± 0.81 year, Sesame supplementation with stretching exercises with an average age of 10.70 ± 0.82 year. In this study, the 30 patients, 24 females of the swimmers were chosen as a member of the League of Rasht. Then randomly divided into three groups of eight people, supplementation Sesame first group, second group of sesame supplementation with stretching exercises and stretching exercises were divided into three groups. Measured before and after 8 weeks of record 100m front crawl and anaerobic power were measured. The dependent t test and ANOVA used to analyze data were analyzed using SPSS version 21. The results showed significant difference was between pre and post test scores 100m front crawl supplementation in sesame seeds, sesame group-stretching exercise and supplementation with stretching exercises. Index supplementation on anaerobic power in sesame and sesame supplementation with stretching exercises significant difference could not be created. But there was a significant increase in the group stretching exercise. But between the three groups in the index record 100m front crawl and anaerobic power there was no significant difference. **Conclusion:** Sesame supplement with stretching exercises can cause a significant change in record 100m front crawl as well as improve the performance of anaerobic capacity.

Keywords : swimming - Dynamic stretching training - Anaerobic capacity- record of

100 meters - Sesame supplements

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)