

Effect a period of exercise triaing in water on ed indices of physical fitness and body composition and quality of life in women with MS

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Effect a period of exercise triaing in water on ed indices of physical fitness and body composition and quality of life in women with MS Abstract Objective: Purpose of this study investigate the effect of exercise in water on ed indicators of physical fitness, body composition and quality of life of women with MS patients. Method: 20 candidate women with MS were randomly assigned into two groups in water 9 (N=9, age 35 ± 0.58 years, height 159 ± 0.03 cm, duration of disease, 4.09 ± 1.12 years and mean EDSS 3.63 ± 1.49) and control group, 9 patients (N= 9, age 36.2 ± 0.12 years, 158 ± 0.04 cm, duration of disease 4.05 ± 0.1 years and mean EDSS 3.02 ± 1.12) participated. Indicators of physical fitness by field tests,for body composition we use analyzer Tanita body composition and and quality of life was measured by 36-sf questionnaire. Water Training program consists of 24 training sessions for 100 minutes, including 10 minutes of warm-up and cool-down time was the same, 40 minutes of aerobic exercise intensity was 50-60% heart rate reserve. 40 minutes, Upper and lower strength training was performed three sets of 8 teeth.The intensity of this training 50% 1Rm Start and to 60% -70% 1Rm increased. to check the results on normal data Independent t tests and correlated t and The abnormal test data Was performed Wilcoxon signed-rank test and Mann-Whitney by using software spss Version18. data significance level α

Keywords : Keywords: exercise in water, health and beauty factors, quality of life, MS.

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