

The effect of a combined exercise with two different intensities on some indicators of body composition, physical fitness and skills of young female volleyball

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Abstract The aim of this study was to examine the effect of combined training with two different intensities on some indicators of body composition, physical fitness and skills of young female volleyball players. Study this was semi-experimental nature and was conducted in this field. Of the 100 patients, 36 young 16-13-year-old amateur female volleyball players in Qazvin were ed as sample. Randomly in three groups of 12 subjects (control group, the experimental group 1 and 2) were divided. The subjects in the experimental group for 8 weeks, 3 day (first session: Medicineball, wing, second session: plyometric exercises And Session III: strength training) and three times a week for 8 weeks did the usual volleyball. The exercises were divided into two groups with high intensity (85-75%) and moderate (75-65%). Measurements of body composition (body mass index, body fat percentage and lean body mass), speed (20m sprint test), the agility test (T), Sargent jump test, the throwing the Medicine ball and Paws and forearms and service skills subjects were asked before and after eight weeks of combined training were recorded. Statistical analysis was performed using SPSS version 21 (P0.05). Probably a combination of both high-intensity and moderate exercise can improve body composition, physical fitness and skill affect teenage volleyball.

Keywords : Keywords: volleyball, physical fitness, body composition, skills.

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