

Effect of Strength, endurance and concurrent Training on Power aerobic, anaerobic, Maximum Strength and Body Composition in lady students of physical education field

faezeh moghadam*, bahman tarvirdi zadeh, bahman mirzaei,

ABSTRACT Effects of Strength, Endurance and concurrent Training on Power aerobic, Power anaerobic, Maximum Strength and Body Composition in Untrained women The purpose of this study was to compare the effects of three kinds of exercises (endurance, resistance, and concurrent) on Power anaerobic, Maximum Strength and Body Composition Untrained women Participants: 48 graduate students of TMU, randomly selected and then divided into four groups; [endurance, n= 12]; [strength, n=12]; [concurrent, n=12]; and [control, n=12]. At first maximum aerobic and anaerobic power, maximum strength in two movements (bench press and squat) was measured. Then the participants conducted eight-week training program. Training program: Endurance Training program included running with 50% of Max HR for 20 minutes per session and three sessions per week the HR reached 85% for thirty four minutes at the end of the program. Resistance Training Program included conducting three sets of bench press, squat, pull down and legs curl with 50% of 1RM, 10 repetitions per set and three sessions per week the intensity reached 85% of 1RM and the repetition dropped to 6 at the end of the program. The concurrent Training Program included combining both of endurance and strength groups program and six sessions per week. After eight weeks the variables were measured one more time in the post-test. Result: Based on the finding of this study, VO₂max changes showed significant difference between endurance and strength group. The rate of increase in aerobic power did not indicate any significant difference among three groups. Similarly, the rate of increase in maximum relative strength in bench press and squat

exhibited significant difference between strength and concurrent with endurance. **Conclusion:** Therefore, adding strength training to endurance training does not seem to be detrimental to the improvement of VO2 max. Likewise, endurance training along with strength training did not have any negative effect on the improvement of maximum strength. Concurrent training is similar to endurance and resistance training in that it is conducive to enhancing body composition in non athletes. .

Keywords : Key Words: power aerobic, power anaerobic, body Composition, Concurrent training, Endurance training, Strength training

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