

The effect of compound training program on physical fitness factors and body composition in mentally retarded students

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This study aimed to evaluate the effect of compound training program on some indexes' of physical fitness and body composition in mentally retarded students. To achieve this the study used a quasi-experimental method (pretest-posttest with control group). For this purpose 20 mentally retarded educable students (12 to 16 years), 10 patients in the experimental group (mean weight of $26/14 \pm 55/47$ kg, average height $19/18 \pm 00/152$ cm) and 10 patients in the control group (average weight of $29/14 \pm 60/46$ kg, average height $47/5 \pm 80/153$ cm), were randomized respectively. The experimental group 6 weeks, three times a week (20 to 45 minutes) conducted compound training program. static balance indices (test stork), dynamic balance test (Y modified), flexibility (sit back), agility (9 x 4), speed (25 yards), anaerobic power (Sargent Jump) and body mass index were taken all subjects Before and after the period of exercise. To analyze data, Klmvgraf- Smirnov test was used for Normal distribution of data, differences between groups were analyzed by independent t-test and inter-group differences were analyzed by t-test. The findings of this study showed that the compound training program on were effective on all the physical fitness variables studied in this research and lead to improve them. But this training program on body mass index (BMI and WHR) is not effective. In the control group, there was no significant change in any one variable. According to the results, the compound training program is effective on mentally retarded children health and they can be used for improving motor Rehabilitation in this population.

Keywords : Mental retardation / educable / fitness / body composition

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