

The Effect of 8-Week of Cord Training on Pulmonary Function and Heart Rate of 4th Elementary School Girl Students

maryam masdar*,alireza elmieh,

The purpose of this study has been studied the effect of six weeks of cord exercises on some pulmonary function indicators, blood pressure and heart rate of female students of elementary fourth grade in Ahwaz city . In order to achieve this goal and to examine and evaluate the mentioned parameters, after obtaining the consent letter and completing the questionnaire for by volunteers, the number of forty female students of fourth elementary school has been ed and divided into experimental (20 people) and control (20 people) groups and finished the research after six weeks rope exercise. According to the results of this study , doing rope exercises in a regular manner can improves pulmonary function, blood pressure and heart rate in female students . Rope exercises are the exercises that create a spirit of motivation and vitality in female students in addition to improving all physical conditions . Doing rope movements in addition to improving cardiovascular - respiratory readiness, increaces the coordination and awareness of the right condition of the body in individuals .regular sports rope programs can increase the female students' motivation in upgrading level of physical activity and cause to promoting health factors and reduction the respiratory problems in female students . Training group exercised for six weeks with repeating three sessions a week and each session for 15 to 30 minutes . The duration of each session is between fifteen to thirty minutes and included three moves , warming up , do the main moves and cool off at the end of each session. Measure body composition and spirometric test to measure the desired indices were done one day before the exercises begin and one day after the end of the training period .

Keywords : heat beat, Pulmonary function, blood fressure

