

The effect of listening to music after intense swimming activities on changes in blood pressure, heart rate and blood lactate in swimmers

sodabeh bagherizadeh*, javad mehrabani,

Abstract Different methods for better recovery after aerobic exercise has been suggested that listen to music is one of them. In this study, eight healthy young girls (age: 31.25±3.15 yrs, height: 165.1±4.7 cm, weight 69.1± 10.24 kg) participated in two sessions swimming (35 min) with the intensity of 75- 85% of maximum heart rate with an interval of one week. Participants immediately after exercise, by listening to two music with slow and fast rhythm were recovered. Heart rate and blood pressure, before, after and in the minutes of the 2, 5, 10, 15, 25, blood lactate before, after and at minutes of 15 and 30 was measured. For data analysis ANOVA with repeated measures and Bonferroni post hoc test was used. Significance level set at p

Keywords : Key words: music, endurance swimming, heart rate, blood pressure, lactic acid, desire for food.

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)