

The effect of Combined training program with two Different size on body composition and physical fitness in elementary students

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The aim of this study was to evaluate the effect of Compound training program with two Different size on body composition and physical fitness of elementary students. Methodology: A total of 30 female elementary school students (training group with high size, Age: 77.0 ± 80.10 years , Height: 07.0 ± 141 cm, weight: 56.5 ± 06.33 kg, and the training group with low size age: 84.0 ± 00.11 years, height: 04.0 ± 143 cm, weight: 17.5 ± 26.35 kg) by available sampling were ed among 67 female students aged 10 to 12 years, Shahid Sadeghi elementary School in Khomam. This study used a quasi-experimental design with pre-test and post-test, so that subjects divided into two group as high size (combined exercises for 75 minutes) and low size (combined exercises for 30 minutes). This training was conducted for 6 weeks and 3 sessions per week. Results: The results of the dependent and independent t test showed that the Compound training program made significant Intergroup changes in body composition and factorsof physical fitness included speed, muscular endurance, Vertical jump record, balance, coordination and cardio respiratory endurance for both groups ($p0/05$). Conclusion: The Compound Exercise program with two different size can improve body composition and majority index's of physical fitness in elementary students. Both of combined training programs in different volumes have improved body composition and physical fitness factors so they can be used for for elementary students.

Keywords : body composition, fitness factors, elementary students

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