

Compare plumonary function of women swimmers and non-athletes in Zanjan

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Abstract Aim: The aim of this study was to compare pulmorary function in women swimmers and non-athletes in Zanjan city. **Methods:** 30 subjects were ed, and 15 were divided into 2 groups targeted. The first group of swimmers was non-professional age was $M\pm SD$ 23.53 ± 2.32 year, hight $M\pm SD$ 165 ± 0.02 cm and wight $M\pm SD$ 55.46 ± 3.60 kg and other group were non-athletes age was $M\pm SD$ 23.53 ± 2.44 year ,hight $M\pm S$ 166 ± 0.03 cm and wight $M\pm SD$ 53.86 ± 3.24 kg. Then, measurements of tidal volume, inspiratory reserve volume, expiratory reserve volume, residual volume, maximum voluntary ventilation was taken by spirometer and maximum oxygen uptake was taken by brus test. Statistics by t-test and SPSS version 21 was measured. **Results:** Independent t tests showed that expiratory reserve volume between the two groups in the index, inspiratory reserve volume, maximum voluntary ventilation and maximum oxygen uptake there was a significant difference ($P>0/33$). But the tidal volume index difference between the two groups was not significant (P

Keywords : Keywords: swimmer, tidal volume, expiratory reserve volume, inspiratory reserve volume, maximum voluntary ventilation and maximum oxygen uptake.

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