

The effect of aerobic interval exercise on body composition, aerobic power and metabolic syndrome indices in overweight high school girls

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Abstract Purpose: The purpose of this study was to investigate the effect of interval aerobic exercise on body composition Aerobic Power and metabolic syndrome indices in Overweight high-school girls . **Method:** for this search,a group of 20 students Tohid High School was randomly ed amongst the volunteers in Lahijan city . They were divided in two groups 10 people each for experimental (BMI=27/76 \pm 1/81 , age= 15/8 \pm 0/92 , N=10) and 10 people for control groups (BMI= 27/96 \pm 1/59 , age= 15/9 \pm 0/57 , N=10) the experimental group perfored an periods of aerobic exercise for3 times a week for a duration 8 weeks and The control group did not do anything. **Weight, Height,BMI, fat percentage,W.H.R, Aerobic power,FBS, Systolic and Diastolic blood pressure,TC,TG,LDL,HDL, Both experimental and control groups were evaluated before and after the examinations. Results:** research conclusions for BMI, fat percentage,W.H.R,had significantly decreased in Experimental group (p

Keywords : Key word: Aerobic interval Exercise, Body composition, Aerobic power, Metabolic syndrome indices

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