

Comparison of the effects of stimulating and relaxing placebo on physiological, physical and mental fitness of girls and boys 12-16 year-old Taekwondo

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The purpose of this study was to compare the effects of stimulating and stimulating placebo on physiological, physical and mental fitness indices of 12-12 years old girls and boys of taekwondo. 40 persons were divided into two groups: girls (15 people), boys (15) who were girls and boys of Taekwondo in the city of Kalachai, and samples were available. On the first day, subjects were subjected to heart rate and blood pressure (systolic and diastolic and moderate) and then performed balance tests, coordination tests, speed test, explosive power test and skill test respectively. With a day's interval on the second day, we first read a text on the stimulation of the capsules for subjects by holding red-hot capsules filled with sugar (placebo), then they ate the capsule and after about a quarter of them beat Heart and blood pressure (diastolic and medial systolic). After that, the sport tests mentioned were performed and all the numbers were recorded. Again, after a day's interval, on the third day, with the handful of blue-filled capsules filled with sugar (placebo), we read the texture of the tranquility of these capsules. Subjects then ate capsules and after a quarter of them, heart rate and blood pressure were taken. Then, the physical and functional readiness tests were taken them. The results of each subject were compared before and after receiving the placebo and finally, the results of the girls group were compared with that of the boys. The results showed that there was no significant difference between control day and placebo in stimulating and sedating heart rate, diastolic blood pressure and explosive power in girls and boys ($P > 0.05$). There was a significant difference between control day and sedative placebo in systolic blood pressure in girls, and there was a significant difference between

control day and sedative placebo and day of stimulating and sedative placebo in systolic blood pressure in boys. There was a significant difference between control day and placebo and between the day of stimulating and placebo induction and placebo in balance, coordination and performance of stimulant stimulant and sedative placebo at girls' speed and in coordination and performance of skill in boys ($P = 0.05$). There was no significant difference between two groups in the effect of stimulant and sedative placebo on heart rate in boys and girls (P

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