

Title: Comparison of acute and chronic effects of aerobic and yoga exercises on cardiovascular parameters, fatigue and stress levels of non-athlete women

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Abstract Objective: The present study aimed to compare the acute and chronic effects of aerobic training and yoga on cardiovascular parameters, fatigue and stress levels of non-athlete women. **Method:** The present study was semi-experimental and conducted field experiment. The statistical population of this study was 100 healthy women of Rasht in the age range of 20-30 years old, among whom 60 were ed as the sample. Then they were randomly divided into 3 groups of yoga (20 = n), aerobic (20 = n) and control (n = 20). Before and after the exercise program, fatigue, stress, systolic, diastolic blood pressure and resting heart rate measurements were performed. **Results:** The results showed that performing aerobic exercises did not significantly differ in heart rate and fatigue in both acute and chronic conditions. But doing yoga exercises, in both acute and chronic conditions, produced a significant difference in heart rate and fatigue. According to the averages, heart rate and fatigue after a yoga practice are in chronic condition less than acute. Statistical results showed that performing aerobic and yoga exercises in two acute and chronic conditions causes a significant difference in stress levels. According to the averages, the stress level after aerobic training and yoga is in chronic condition less than acute. **Conclusion:** It can be concluded the findings of this study that the effect of yoga exercises on reducing fatigue and heart rate and stress is higher than aerobic exercise.

Keywords : Heart parameters-Women's stress-Aerobic Exercise

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