

# **The effect of hypoxia exercises on volunteers' volumes and capacities**

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**Respiration system is one of the vital body organ that proper operation and it's high efficiency is one of the success points in life savers job. In some critical , life savers face with lack of oxygen. So coaches and instructors are always looking for a decent method on order to increase respiratory operation efficiency. Investigation over Hypoxic effects on content and capacity was aim of this research . Exercising program included 18 session , 6 weeks in 90 minutes in a pool with temperature of 29 \_2 in Hypoxic statues. Statistics included males who participate in final examination of life saving federation . 30 persons were chosen accidentally and were put in two groups 1; control 2; experiment. 3 persons control group and 2 persons experiment group couldn't continue that research . Eventually the research was continued with 12 and 13 persons , totally 25 people . All tests in the same condition have been checked in Beásat hospital , spirometry test was done be for and after tests. Finally data was analysed by Spss software . Result shown that hypoxic exercises had positive and meaningful effect on VE,VC,MVV,FEV1 and lack of meaningful effect on VT, FVC and ER life savers.**

**Keywords : contents and capacity of lungs , Hypoxia , life savers, spirometry**

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