

The effects of 8 weeks aerobic training with two different intensities on physical fitness and body composition in overweight student boys

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Background: Regarding decreases of overweight and obesity in some population such as students and whit regard to important role of these variables in health factors, determining the effects of aerobic training on physical fitness and body composition is vital. Therefore, the aim of this study was to examine the effects of 8 weeks aerobic training with 2 intensities (high and low) on some physical fitness and body composition changes in overweighth student boys. **Methods:** This study is semi-experimntal with pre to post test design. The study population was all overweighth students in Lahijan and 30 of them with BMI 25 to 30 participated in this study. After initial evaluation and completing consent form parents, the subjects divided to 3 groups including high intensity aerobic training (n = 10), low intensity aerobic training (n= 10) and control group (n = 10). Before and after 8 weeks training, body fat, BMI, WHR, VO2max, and sit and reach test were measured. In this study, the high intensity training included 50 to 95 % and low intensity included 40 to 50 % of max HR. **Results:** The results of this study indicate that both intensity of aerobic training significantly decreased BMI, WHR and body fat with significant increased in VO2max, without any significant changes for the control group. In comparison to control group, both the training groups indicated significant differenes in BMI, body fat and VO2max. **Conclusion:** Regarding the results of this study we can say that aerobic training can decrease body fat and BMI. However, no significant differences were found between training groups in body composition adaptations. **Key words:** physical

activity, BMI, overweighth.

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