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The effect of 12 sessions of combined exercises (endurance-resistance) on some physical fitness factors in female students

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Improving and keeping individuals' physical fitness is possible through daily complementary sport activities. This research aimed at studying the effect of 12 sessions of combined exercises (endurance-resistance) on some physical fitness factors in female students. To do this, 45 students with average age of $(20 \pm 2/8)$ were selected. They were tested before and after 12 sessions of exercise and were compared with the control group, 13 persons, who did not do any sport activities. After 12 sessions of exercise, statistical studies showed some significant changes in cardiorespiratory endurance, and strength and endurance of the abdominal muscles and scapula, but the results were not significant in explosive power of calf muscles. T-test of dependent groups was in significant level, $\alpha < 0/05$. SPSS20 software was statistical software used in this research. According to the results of this research, we concluded that these exercises have a positive effect on individuals' physical fitness. Thus, doing combined exercises is recommended to develop young female physical fitness.

Biography

Najmeh Arabnejad is currently working as a faculty of physical education and sport science and pursuing PhD in sports physiology from Islamic Azad University, Tehran. She is also a tennis, swimming and fitness instructor and has written 2 books on physical education and published about 10 research papers on physical education and fitness.

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