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## Differences in maximal oxygen uptake between person who exercise with a trainer and person who exercise without a trainer

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Maximal oxygen uptake (VO<sub>2</sub>max) is an important parameter of aerobic fitness, and also may be an indirect indicator of the negative impact of sedentary lifestyle. This is the maximum level of consumption of oxygen that person at given time can achieve. The aim of this study is to determine whether there are statistically significant differences in peak oxygen consumption between the amateurs who practice with a trainer and fitness enthusiasts who practice without a trainer aged 40-41 years old, both male and female. The sample consists of 60 exercisers in a fitness center "Wellness Land" from Belgrade, which are divided by gender: 30 male subjects (under the supervision of coaches 15 and 15 alone) and 30 female subjects (under the supervision of coaches 15 and 15 alone) aged 40 to 41 years old. For the measurement of maximal oxygen consumption, individuals were using submaximal aerobic test on "Techno Gym" treadmill in duration for 15 minutes. Submaximal aerobic test is based on the correlation between heart rate monitor and the treadmill. Before they started testing the respondents have entered their data into the system in order to calculate the maximum heart rate. For statistics analysis was used ANOVA. Results indicate that there are statistically significant differences in peak oxygen consumption between the individuals who practice with a trainer and individuals who practice without a trainer. In both sexes, the results showed statistically significant difference in favor of group members who practice under the supervision of a trainer.

### Biography

Milos Stojkovic has completed his Master's degree and Bachelor's degree from Faculty of Sport and Physical Education from Novi Sad, Serbia. He is a former professional athlete and a national team member in karate and a certified black belt master – 1st dan. Currently, he is working as a Physical Culture Trainer at Abu Dhabi Police College. His fields of expertise are strength and conditioning and martial arts.

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