

## عنوان مقاله:

Comparison of the Effect of Three Methods of Endurance, Resistance and Concurrent Training on Aerobic Fitness and Body Composition of Overweight Non-Athlete Male Students

## محل انتشار:

دوفصلنامه رهیافت های نو در علوم ورزشی، دوره 3، شماره 6 (سال: 1400)

تعداد صفحات اصل مقاله: 11

## نویسندگان:

Nahid Talebi - Assistant Professor, Physical Education and Sport Sciences Department, Faculty of Humanities, Shahed University, Tehran

Morteza Asadi - MSc in sport physiology, Shahed University, Tehran, Iran

## خلاصه مقاله:

**Purpose:** The aim of this study was to compare the effects of three methods of endurance, resistance and concurrent training on aerobic fitness and body composition male students with overweight. **Methods:** Forty five overweight male who were resident of Shahed university dormitory were purposefully selected and randomly assigned into following groups: endurance, resistance and concurrent training. Each Group performed their own protocol for 8 weeks, 3 times per week with specified intensity and duration. Before starting the protocol and 24 hours after the last training session, body composition parameters and aerobic fitness were measured at same condition. Data were analyzed using analysis of covariance. **Results:** The findings showed that three methods of endurance, resistance and concurrent training protocol had a significant effects on aerobic fitness and body composition parameters. In comparing the difference between groups of three methods of endurance, resistance and concurrent training on aerobic fitness and body composition parameters were significantly different and the variables of aerobic fitness and body composition parameters of concurrent training was more effective than two other exercises. Innovation this research is identical the work out of training (time) in the 3 protocol that to compare intergroup among the most effective way to same time identification. **Conclusion:** It seems that eight weeks of endurance, strength and concurrent exercise training have effects on aerobic fitness and body composition parameters male students with overweight but all three types of exercise separately with diet modification could be improved aerobic fitness and body composition indices.

## کلمات کلیدی:

endurance training, resistance training, concurrent training, aerobic fitness, Body composition

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1477811>

