

عنوان مقاله:

The Effects of Ramadan Fasting on Physical Field-Expedient Measures in Army Cadets

محل انتشار:

فصلنامه تغذیه، روزه داری و سلامت، دوره 4، شماره 3 (سال: 1395)

تعداد صفحات اصل مقاله: 6

نویسنده:

Konstantinos Havenetidis - *Human Performance-Rehabilitation Laboratory, Faculty of Physical & Cultural Education, Hellenic Army Academy, Leoforos Vari-Koropiou, Vari, Attiki, Greece*

خلاصه مقاله:

Background and Objectives: Given the limited number of studies on Ramadan fasting and military performance, we conducted this study to identify the effect of Ramadan fasting on physical fitness performances in army cadets. **Methods:** Twenty healthy males were randomly assigned to a larger sample group. The subjects were divided into fasting (n=10) and non-fasting (n=10) groups. They performed various military physical fitness tests (pull ups, sit ups, swimming obstacle course, push ups, obstacle course, and one mile run) in three separate periods (1st: baseline, 2nd: pre-Ramadan fasting, and 3rd: post-Ramadan fasting). All the cadets also completed three-day food records prior to each exercise testing. **Results:** Repeated measures ANOVA showed non-significant differences between the groups for pull ups, sit ups, swimming obstacle course, and push ups ($P > 0.05$). However, towards the end of the testing (when performing the obstacle course and the one-mile run) the fasting group showed significantly lower performance ($P < 0.001$) compared to the non-fasting group. Performance percentage differences (pre-and post-Ramadan fasting) for the fasting group were 5.0%, 1.0%, 1.0%, -2.8%, and -4.0% for pull ups, sit ups, swimming obstacle course, push ups, obstacle course, and one-mile run, respectively. Following dietary analysis, no significant difference ($P > 0.05$) was noted in various nutritional parameters across the three food recording periods. **Conclusion:** Ramadan fasting does not affect overall military fitness performance; however, it seems that fasting cadets cannot handle repeated maximal exercise testing efficiently possibly due to inadequate recovery between tests.

کلمات کلیدی:

Army personnel, Dietary modification, Fasting, Physical fitness, Ramadan, Work capacity evaluation

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/792362>

