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26-29.09.2018
ISTANBUL, TURKEY

29th FIEP WORLD CONGRESS

26-29 September 2018, Istanbul
ABSTRACT BOOK

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<td>Cardiac exercise tolerance and its relationships with Cardiorespiratory index among Sportswomen — Zefer Mohammed, Boras Fatma Zoha, Fatma Zoha, Soufan Beani</td>
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Cardiac Exercise Tolerance and Its Relationships with Cardiorespiratory Index among Sportswomen

Zerif Mohammed, Boras Fatima Zohra Fatima Zohra, Gouarri Benali
Physiologic Institute Laboratory OPAP University of Mostaganem, Mostaganem, Algeria

The aim of this study was to test the correlation between the vital capacity and the oxygen saturation advance in the present study as aerobic fitness relative to cardiac exercise tolerance correlate to respiratory, cardiovascular, and muscular system's efficiency. Admit in similar as an amount of physical activity relative to oxygen supply functions as a limiting factor of anaerobic performance in compliance with aerobic capacity levels among Sportswomen (GOERL K, 2014). Advance that the vital capacity is a limiting factor of aerobic capacity attributed to the decreased efficiency of our respiratory, cardiovascular, and muscular systems (Laura M, T.N, Marus K, Victor R.N, Thomas B, Audrey B-S, Aparecida M.C, 2014). The researcher tested 100 expert sportswomen under 20 years from different sporting disciplines at the Algerian championship, who accepted to participate in the present study. Based on the 6-min walk test, Cooper test, vital capacity (VC) and the Ruffier test (Francesco S, Gianluca V, Helina M de M, Arsenio V, 2013). Based on the results obtained and the statistical treatment applied. We confirm: There is a strong positive relationship between oxygen saturation, maximal aerobic capacity, the vital capacity and the cardiac exercise tolerance. Cardiac exercise tolerance is limiting factor of pulmonary fitness associated with respiratory, cardiovascular, and muscular system's efficiency interconnected with oxygen saturation and oxygen supply functions as a limiting factor of anaerobic performance in compliance with aerobic capacity levels among Sportswomen. Cardiac exercise tolerance is a limit of Oxygen saturation relative to mitochondrial respiratory chain defect results in disabling exercise intolerance associated with the capacity of muscle to increase oxygen utilisation in relation to the circulatory and ventilator oxygen transport to muscle during exercise. Approved in the present study in Circulatory and Ventilators as direct factors affecting oxygen supply functions relative to the intensity and duration of exercise associated with heart zone training in which the exercise was realised. Interpret in prior studies via the speed of the response of the cardiovascular system that will affect exercise tolerance and ability.

Keywords: Cardiac exercise tolerance, maximal aerobic capacity, vital capacity, pulmonary fitness

Fat Oxidation Rates of Sedentary and Recreationally Athletes at Crossover Point

Özgür Günsür, Kerem Tunçay Özgonen, Çağdem Özdemir, Selcen Korkmaz Eryılmaz, Abdullah Kılıç, Cemil Çağlar Bildirci, Sanih Sadi Kürkçü
1University of Çukurova, Faculty of Medicine, Department of Physiology, Adana, Turkey
2School of Physical Education and Sports, Adana, Turkey

The aim of this study was to compare fat oxidation rates of recreationally active and sedentary male individuals at crossover (balance of carbohydrate and lipid utilization) point (COP). 10 sedentary (22.1 ± 0.5 years, BMI 25.8 ± 1.0kg/m²) and 11 recreational athletes (22.3 ± 0.6 years, BMI 23.7 ± 0.7kg/m²) participated in this study. Metabolic responses were measured using indirect calorimeter and incremental exercise tests were performed on the treadmill. Normality of data was checked using Shapiro-Wilk test and independent t-test or Mann-Whitney U tests were used according to data distribution. Data were given as mean ± SEM. Significant differences between sedentary and athletic groups were at walking speed at COP (p<0.05) and maximal oxygen uptake (peakVO₂) (p<0.001). There were no differences in heart rate, oxygen consumption, fat oxidation (gram/minute) at COP and the ratio of oxygen consumption at COP to peakVO₂. Athletes thought to have higher fat oxidation ability according to their aerobic capacity. Although athletes have higher walking speed at COP and peakVO₂ values, both groups have the same level of fat oxidation at COP. In conclusion, recreational athletes' fat oxidation pathways might not adapt as expected from their higher VO₂peak values.

Keywords: Crossover point, exercise, fat oxidation

The Effects of Capsular P. Facilitation

Demet Tekin
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The purpose of anterior and posterior capsular facilitation (PNF-group) is to improve ROM. Thirty participants in university studies randomly: Anterior and PNF-group (P 20 participants, 5 height and mean ± 1.5 goniometry, 1 external rotator arm, 5 meters per second, the first measurement, the second measurement, the third measurement). On the set, we performed an exercise (3 times), the PNF-group, and the PNF-group had the same number of exercises. After exercising, the PNF-group was then performing the exercise. The tests were removed, ANCOVA with differences b significant diff > 0.05. The m significant gtm. There was a significant difference between the groups in terms of ball speed and the time difference in the long-term stretching on the ball. The long-term stretching has a positive impact on the ball.