

Program Adı

BEDEN EĞİTİMİ ve SPOR Yüksek Lisans - 2015

Tezin Adı

Effect of 12 Week Aerobic and Anaerobic Training on Some Physiological, Lipid Profile and Body Composition Variables of Under 20Years Old Male Football Players

Tezi Hazırlayan

TALHA KHANAFDL OMAR

Danışman

Assoc. Prof. Dr. Cevdet TINAZCI

ÖZET

The purpose of the study was to find out the effect of training on selected physiological lipid profile, and body composition variables of under 20 years old male football players. A total of 24 youth male under 20 years old football players (U20, age: 16-19 years, mean age: 17.3 ± 1.0 years, playing for last 4 - 6 years) volunteered for this study, 24 players divided into two group, 12 players for the experimental group (XG) 12 players for the control group (CG). The training program consists of aerobic training, anaerobic training, recreational game and practice football game. Data was collected at zero level (pre-test), in the mid of the program (mid-test) and at the end of program (post-test). For analyzing data repeated measures and independent sample t-test were used. In the experimental group a significant increase ($P<0.05$) in number of shuttles, skeletal muscle, and resting metabolism and a significant decrease ($P<0.05$) in body fat, total cholesterol, and triglyceride levels has been noted in (mid-test) and (post-test) when compare to (pre-test). However, a decrease was noted in body mass index, blood lactate, maximal heart rate, and visceral fat, and LDL but not to significantly different level also HDL increase but not to significant difference level. In the control group negative significant increase ($P<0.05$) in body fat and negative significant decrease ($P<0.05$) in skeletal muscle and resting metabolism, no significant difference observed in number of shuttle, body mass index, blood lactate, maximum heart rate, visceral fat, total cholesterol, triglyceride, LDL and HDL. This study would provide useful information for training and exercise physiology and they may have a beneficial impact on health.

Anahtar Kelimeler: Aerobic training, anaerobic training, blood lactate, lipid profile, body composition, football player.