



A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJMD

**ASIAN ACADEMIC RESEARCH
JOURNAL OF MULTIDISCIPLINARY**



INVESTIGATION OF SOME ANAEROBIC PHYSICAL ACTIVITY AND PHYSICAL FITNESS PARAMETERS OF UNIVERSITY STUDENTS

MERTUGRUL OZTURK¹; MUHARREM OGAN²; DENİZ OZTURK³

¹Atatürk University, Physical Education and Sports Department, Erzurum, Turkey

²Atatürk University, Physical Education and Sports Department, Erzurum, Turkey

³Ataturk University, Health Services Vocational School, Erzurum, Turkey

Abstract

In this study, an 8 week anaerobic exercise program was applied to 11 female and 22 male under-elite undergraduate students in Atatürk University Physical Education and Sports department, and some physical and physiological parameters were measured and the results of the measurements were evaluated in order to determine the physical activity levels and physical fitness of the students. Physiologically; age, height, body weight, body fat ratio, systolic-diastolic blood pressure, vertical jump, standing long jump, left-right jump on bench (20 sec), 30 m sprint, sit up-push up (20 sec), flexibility and anaerobic power measurements were performed.

ANOVA test was applied to the physical and physiological parameters of male and female students for the test averages, standard deviations of the 1st 2nd and 3rd measurements and the significance levels of the differences between the averages.

Significant differences were found in systolic blood pressure, vertical jump, left-to-right jump on bench, sit up and flexibility tests.

Keywords: Physical Fitness, Physiological Parameters, Anaerobic Power

References

- Akgün, N. (1993). Exercise physiology. Ege University Printing House, 4(2), 48- 66.
- Akkuş, H. (1990). Measurements and Comparison of Selected Physical Fitness Components of Medicine and the Department of Physical Education and Sport At Selçuk University, Sosyal Bilimler Enstitüsü, ODTÜ, Yayınlanmamış Yüksek Lisans Tezi, Ankara.
- Bunc V., Psotta R. (2001). Physiological profile of very young soccer players. J SportMed. PhysFitness, 41 (3): 337-41.
- Özer, K., (2006). Physical Fitness, Nobel Publication Distribution, Ankara.
- Coşkun, Fatih, M. (1989). The Physiological Capacities and Characteristics of 18 to 20 years old Male Students of Hacettepe University, Unpublished Master Thesis, Ankara, 3 6 - 7 1
- Gettman, L.R. and M.L. Pollack. (1977). What Makes a Superstar? A Physiological Profile. Physican and Sport Medicine, 5, 64 -68.
- Graham G., Holt/Hale S A., Parker M.: Children Moving A Reflective Approach to Teaching Physical Education. s.35-62, Mayfield PublishingCompany, Mountain View, 5. edition, California, 2001.
- Gutin B. Manos T., Strong W.: Defining Health And Fitness: First Step Toward Establish Children's Fitness Standarts. Research Quarterly For Exercise And Sport, 63 (2) 128–132, 1992
- Özkan, A., Arıburun, B., Kin-İşler, A., Investigation of Some Physical and Somatotype Characteristics of American Football Players in Ankara, Journal of Gazi Physical Education and Sport Sciences, X (2):35-42. 2005
- Pate, R., R. (1993). Physical activity assessment in children and adolescent. Critical Reviews in Food Science and Nutrition, 33 (4/5), 321-326.
- Peker İ., Çiloğlu F., Buruk Ş., Bulca Z. (2000). Exercise Biochemistry and Obesity. p. 108, Nobel Medical Bookstores Ltd., İstanbul.
- Sobush, D.C., and R.J. Fehring. (1983). Physical Fitness of Physical Therapy Students, Physical Therapy, 63, 8, 1266 - 1273.
- Tamer, K., Zorba, E., Çınar, BG. (1990). ODTÜ Measurement and evaluation of various physiological traits and capacities of 1986-87 academic year English education prep class male students, Project, Ankara.
- Yıldız SA, 2012. What does aerobic and anaerobic capacity mean? Respiratory Journal, 14(1), 2-6.
- Zhuo, D., et al. (1984). Cordiorespiratory and Metabolic Responses During Tai Chi Chuan Exercise. Canadian Journal of Applied Sport Sciences, 9, 7 - 10.