

Systolic Blood Pressure Responses to Aerobic Exercise among HIV Positive Patients

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Abstract : The study examines the effect of varied intensities of aerobic exercise on Systolic Blood Pressure (SBP) among HIV/AIDS positive patients. Participants of mean age of 20.4 years were randomized into four groups. High Intensity Group (HIG), Moderate Intensity Group (MIG), Low Intensity Group (LIG) and Control Group (COG). SBP was measured at baseline (pre-exercise) and post-exercise (8 weeks). Analysis of variance (ANOVA) indicates a significant training effect on resting values of SBP ($F [3, 15] = 8.9, P < 0.05$). Sheffe post hoc analysis indicated that both HIG and MIG significantly differ from control ($P < 0.05$). Dependent t- test indicates difference in HIG ($t [7] = 6.5, P < 0.05$) and slightly in MIG ($t [7] = 5.4, P < 0.05$). The study concluded that aerobic exercise is effective in reducing resting values of SBP particularly the activities that are high intensity in nature. The study recommends that high and moderate intensity aerobic exercise should be used for improving health condition of HIV/AIDS patients as regard to decrease in resting value of SBP.

Keywords : systolic blood pressure, aerobic exercise, HIV patients, health sciences

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