

The Effects of Eight Weeks of Interval Endurance Training on hs-CRP Levels and Anthropometric Parameters in Overweight Men

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Abstract : Inflammatory markers are known as the main predictors of cardiovascular diseases. This study aimed at determining the effect of 8 weeks of interval endurance training on hs-CRP level and some anthropometric parameters in overweight men. Following the call for participation in research project in Kashan, 73 volunteers participated in it and constituted the statistical population of the study. Then, 28 overweight young men from the age of 22 to 25 years old were randomly assigned into two groups of experimental and control group (n=14). Anthropometric and the blood sample was collected before and after the termination of the program for measuring hs-CRP. The interval endurance program was performed at 60 to 75% of maximum heart rate in 2 sessions per week for 8 weeks. Kolmogorov-Smirnov test was used to test whether two samples come from the same distribution and T-test was used to assess the difference of two groups which were statistically significant at the level of 0.05. The result indicated that there was a significant difference between the hs-CRP, weight, BMI and W/H ratio of overweight men in posttest in the exercise group ($P \leq 0.05$) but not in the control group. Interval endurance training program causes decrease in hs-CRP level and anthropometric parameters.

Keywords : interval endurance training program, HS-CRP, overweight, anthropometric

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