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Influence of resistance training on health and some selected physical variables among college males

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Introduction: Resistance training (RT) is also known as strength or weight training. RT is very beneficial to all athletes. (Behringer, 2010) reveals that the resistance training serves as the dynamic force for a healthy life and is the key role for improving athletic performance in various sports. The purpose of this study was to find out the influence of resistance training on health and selected physical variables among college males.

Method: A group (n=30) subjects were selected for this study; their ages were between 19-22 years. The test considered for health (body composition and resting pulse rate) and selected physical variables (sit-ups test, push-ups test) to find out the performance from pre to post test. Resistance training program was employed for 12 weeks; 45 min of training per session and weekly two times; training program was consisted with 10 resistance exercises performing only on the machines based on FITT principle. For analyzing the data mean, SD and t-test were considered with the help of statistica software. The significance level was adjusted at 0.05 level.

Results & Discussion: The analyzing of data reveals that the mean and S.D with regard to Body Mass Index (BMI) from pre to post test were (28.68, 7.06) and (27.43, 6.56). Resting pulse rate with mean and S.D were (69.20, 5.50) & (63.96, 4.92). The mean and S.D with regard to sit-ups test were; (19.30, 4.23) & (24.47, 5.02); regard to push-ups test with mean & S.D were (16.23, 7.36) & (21.93, 7.45).

Conclusion: It is concluded that the influence of resistance training on body mass index, resting pulse rate, sit-ups and push-ups had shows significant performance from pre to post test among the participants.

Biography

Kaukab Azeem is currently a Faculty at King Fahd University of Petroleum & Minerals, Dhahran, Saudi Arabia. He has strong expertise in lecturing fitness/ health education, nutrition, sport activities, weight training, and other health & physical education courses. He has produced many outstanding bodybuilders of national and international reputation, trained many top sportsmen as a fitness coach. He has strong background in fitness & bodybuilding as a former bodybuilder and was an International fitness & bodybuilding (AFBF) Coach/Judge & a university chief coach. His research work has a focus on strength training, aerobics, fitness performance, and changes in body composition. He is also serving as a supervisor for students MPhil and PhD program. He has published numerous papers in scientific journals, and also attended more than 30 international conferences around the globe including pre-Olympic congress in China 2008 and London 2012.

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