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Effect of health sports on the functional efficiency of hypothalamus and medulla oblongata (an experimental study using Qigong Taiji exercises for old people)

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Aim: This research aims at recognizing the effect of Qigong Taiji exercises on the functional efficiency of hypothalamus and medulla oblongata for old people. However it has to be referred:-

1. Stating the most important biochemical variables referring to the functional efficiency of hypothalamus as well as physiological variables referring to the functional efficiency of medulla oblongata for old people.
2. Setting a proposed program of Chinese Qigong Taiji exercises which suits the nature of the sample.
3. Recognizing the effect of the suggested program of Qigong Taiji exercises on the variables mentioned in the research through a comparison between the preceding and succeeding measurements

Sample: It was randomly chosen from Smoha Club in Alexandria. The sample consisted of 20 persons.

Result:

1. There are significant differences in favor of the succeeding measurement in some biochemical variables (CATH-Cortisol) except (TSH-T4) with the research sample (men-women).
2. There are significant differences in favor of the succeeding measurement in some physiological variables (MV-MVV-RH-RHR -VO2 max) exception (FVC-Bb-FEV1) with the research sample (men-women).
3. There are significant differences in favor of the succeeding measurement in some physiological variables (MV at rest - MVV - RH - FEV1 - RHR - VO2 max) exception (FVC - Bb - MV at work) with the research sample (men-women).
4. The health sports (Qigong Taiji) have a positive effect on functional efficiency of hypothalamus and medulla oblongata for old people (men- women). There was an improvement in these variables with various degrees.

Biography

Tarek Ali Ibrahim Rabie has completed his PhD at the age of 28 years from Alexandria University and postdoctoral studies from Shanghai University of sport. He is the A instructor in Faculty of Physical Education for Girls - Alexandria University, Board member of the Centre for Sustainable Development at the Faculty of Physical Education for Girls - Alexandria University. He has supervised many of the scientific research in the field of acupuncture, massage and Qigong. He has participated in International Training workshop for Wushu 2008 in Shanghai University.

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