عنوان فارسی مقاله:
تاثیر مکمل آهن و فشار تمرین بر سطوح هموگلوبین خون در میان بازیکنان فوتبال مرد دانشگاه Jimma

عنوان انگلیسی مقاله:
Effects of iron supplement and exercise intensities on the levels of blood hemoglobin among Jimma University male soccer players
Physiological and Performance Efficiency Test
Result and Discussion

Table 3 showed that significance mean differences in RHR (resting heart rate) within each test between the groups. The mean RHR distribution of high intensity group was decreased by 3.70 b/min (6.07%). However, the mean RHR distribution of moderate intensity group was decreased by 2.80 b/min (4.51%). In this context, high intensity group was revealed better mean RHR decrement.

And as indicated in Table 3 blood pressure (Sbp (systolic blood pressure) and Dbp (diastolic blood pressure)) mean difference was decreased by 7.5 mmHg (6.66%) Sbp and 9 mmHg (12%) Dbp in high intensity group and also at moderate intensity group mean difference was decreased by 3.5 mmHg (3.09%) Sbp and 5.5 mmHg (7.14%) Dbp. Here also high intensity group was revealed better mean decrement in both systolic blood pressure and diastolic blood pressure.