عنوان فارسی مقاله:
سینتیک جذب اکسیژن پس از شش هفته تمرین ورزش استقامتی برهه ای و مداوم - مطالعه محوری آزمایشی (اکتشافی)

عنوان انگلیسی مقاله:
Oxygen Uptake Kinetics Following Six Weeks of Interval and Continuous Endurance Exercise Training – An explorative pilot study

توجه!
این فایل تنها قسمتی از ترجمه میباشد. برای تهیه مقاله ترجمه شده کامل با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک کنید.
4.4 Conclusion

In the present study we analyzed the kinetics responses of V'O₂ and HR before and after six weeks of an INT and CON endurance training. To account for cardio dynamic and venous return distortions between exercising musculature and the lungs, we separated V'O₂ into a pulmonary (V'O₂pulm) and an estimated muscular component (V'O₂musc).

In summary, the results reveal that (a) V'O₂pulm, V'O₂musc and HR kinetics showed no significant changes from PRE to POST training intervention (b) endurance exercise training caused in a significant increase in peak V'O₂, (c) a relationship between the changes in the kinetics responses of V'O₂musc (PRE to POST) as function of averaged training WR was observed, and (d) on a trial basis: for V'O₂musc kinetics an interaction effect (Group x Time) could be identified in tendency (p = 0.054), denoting that INT training may increase V'O₂musc kinetics.