

Comparison of the response of an exercise session on anaerobic power indexes, fatigue index and body mass index with hot and cold temperament (mizaj) interactions

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Abstract:

Background and Purpose: In traditional Persian medicine, mizaj is a qualitative indicator. Regarding the importance of mizaj in body organs and the importance of controlling the body's acidity in anaerobic activities, we compared the response of an exercise session on anaerobic power indexes and fatigue index and body mass index including hot and cold mizaj interference between students of Shiraz University and Army University?

Methods and Materials: This research was a semi-experimental study. For this purpose, 31 students from Shiraz University and 28 students from Army University were selected according to Morgan table and purposefully available on the basis of mizaj who were studying in the academic year 93-94. They were selected as statistical sample. Then, all of them performed a rast test twice a week to measure the anaerobic power index and fatigue index. In order to analyze the data, MANOVA and SPSS software version 22 were used.

Results: The results showed that there is a significant difference between the mean anaerobic power ($p = 0.003$), the maximum anaerobic power ($p = 0.05$), and the total anaerobic power ($p = 0.003$), regardless of the type of mizaj among the students of the two universities.

Conclusion: According to the results, it can be said that the mizaj alone does not affect anaerobic power index and fatigue index. More researches are needed to make a definitive comment on this issue.

Keywords: Exercise, Anaerobic Power, Fatigue Index, Temperament, Mizaj, BMI (Body Mass Index), Traditional Persian Medicine

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