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Abstract

A Study of the Effect of Two Training Types (Endurance and Sprint)

on Cardiorespiratory Fitness and Body Fat in Male and Female Students

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The purpose of the present research was to study the effect of two training types on cardiorespiratory fitness and body fat of male and female students. Thus, 60 male and 54 female studentswho had registered for the course of Physical Education was randomly selected as sample. Two groups (male and female) were assigned with endurance exercises and two groups (male and female) were assigned with sprint exercises for 12 weeks, 3 sessions per week, and one hour per session, in order to evaluate the level of cardiorespiratory fitness and body fat. Heart rate was measured for assessing cardiorespiratory fitness and subcutaneous fat was measured using a caliperbefore the exercise program; the measurements were repeated after 12 weeks. The results of t-test showed there is a significant relationship between endurance exercises and cardiorespiratory fitness and body fat of male and female students. Moreover, a significant difference was observed between the effect of sprint and endurance exerciseson cardiorespiratory fitness and body fat of male and female students.

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