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不同专项运动训练对男大学生运动员骨密度的影响*

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摘要: 目的探讨不同专项运动训练对男大学生运动员身体各部位骨密度(BMD)的影响。方法对网球专项、足球专项训练的男性大学生运动员各15名,无正规运动训练同龄大学生15名(对照组)进行BMD测试,测试部位分别为:左右前臂各区域、左右侧股骨各区域骨密度值。结果2组训练组各部位BMD与对照组比较,均有升高的趋势,且大部分区域具有显著性差异;网球专项组与足球专项组比较,左右前臂有升高的趋势,其中一部分区域BMD有显著性差异,左右侧股骨BMD差异不明显。结论不同专项运动对不同部位的骨密度值影响有差异,运动训练能有效地提高男大学生机体的BMD及身体素质。

关键词: 运动训练; 青少年; 骨密度

Effects of Different Specific Training on Bone Mineral Density of Adolescent Athletes

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Abstract: Objective : Investigate Effects Of Different Specific Training On BMD At Different Parts Of Adolescent Male Athletes.

Methods : Test Special Tennis And Special Football Trained Adolescent Male Athletes Each Twelve, Also Compared To Twelve Of The Same

Age Adolescent Athletes Who Aren't Accepted The Special Training. The Tested Portion Separately Are: BMD Of Each Portion Of The Left

And Right Forearm, Also The Left And Right Femur. Results : Comparing The BMD Of The Two Trained And The Compared, They Both Have The

Descending Trend, And The Most Area Are Largely Different: The Left And Right Forearm Of The Special Tennis Trained Compared To The

Special Trained Football Are Soaring, Parts Of The BMD Have Conspicuous Differences, But The BMD Of The Left And Right Femur Aren't.

Conclusion : Different Special Trainings Are Different From The Different Parts BMD, Also The Sport Training Can Enhanced The Body Of

The Adolescent's BMD And Body Conditions.

Key Words: Sports Training; Adolescent ; Bone Mineral Density

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