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流、球瑜伽对大学生心血管功能影响的比较

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摘要: 为了探究不同类型瑜伽对防治大学生心血管疾病的积极作用, 更有针对性地推广瑜伽。从华中师范大学瑜伽俱乐部中随机抽取大学生120名进行比较研究: 对照组40名进行常规的学习与生活, 实验1组40名进行18周的流瑜伽练习, 实验2组40名进行18周的球瑜伽练习。实验组每周练习3~5次, 每次90 min, 运动强度为中等(心率控制在120~150次/min)。结果显示: 两个实验组实验前后, HR、SV、HOI值降幅明显, 且差异有非常显著性意义(P<0.01), CO、SI、CI值升幅明显, 且差异有显著性意义(P<0.05); PP、MAP值降幅较小, 差异无显著性意义(P>0.05), MSP、MDP、MAP值降幅明显, 且差异有显著性意义(P<0.05), TR值降幅明显, 且差异有非常显著性意义(P<0.01), AC值升幅明显, 且差异有显著性意义(P<0.05); BV、OV值无明显变化, 差异无显著性意义(P>0.05), V值降幅明显, 且差异有显著性意义(P<0.05), ALK值升幅明显, 且差异有显著性意义(P<0.05), ALT、TM值降幅较大, 且有非常显著性意义(P<0.01)。结果说明: 18周的流瑜伽练习和球瑜伽练习均能够有效改善大学生心血管功能, 且球瑜伽对改善大学生心血管功能的作用较之流瑜伽的效果更好。

关键词: 运动生理学; 心血管功能; 流瑜伽; 球瑜伽; 大学生

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Experimental comparison study of effects of flow yoga and ball yoga on cardiovascular functions of college students

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Abstract: In order to probe into positive roles of different types of yoga in preventing college students from having cardiovascular diseases, and to popularize yoga in a more action specific way, the authors sampled 120 college students randomly from the Yoga Club of Huazhong Normal University for experimental comparison study: 40 college students in the control group studied and lived as usual, 40 students in experiment group 1 did an 18-week flow yoga exercise, while 40 college students in experiment group 2 did an 18-week ball yoga exercise. College students in experiment groups exercised 3-5 times a week, 90min each time, at a medium exercise intensity (their heart rates were controlled within 120-150 beats/min). Results: As for students in experiment groups, after experiment, their HR, SV and HOI values of decreased significantly, and the differences were very significant (P<0.01), their CO, SI and CI values of increased significantly, and the differences were significant (P<0.05), their PP and MAP values decreased slightly, and the differences were not significant (P>0.05), their MSP, MDP and MAP values decreased significantly, and the differences were significant (P<0.05), their TR values decreased significantly, and the differences were very significant (P<0.01), their AC values increased significantly, and the differences were significant (P<0.05), their VB and OV value had no significant change, and the differences were not significant (P>0.05), their V values decreased significantly, and the differences were significant (P<0.05), their ALK values increased significantly, and the differences were significant (P<0.05), their ALT and TM values decreased significantly, and the differences were very significant (P<0.01). The results indicated that the 18-week flow yoga exercise and ball yoga exercise can effectively improve cardiovascular functions of college students, and the roles of ball yoga in improving cardiovascular functions of college students are better than those of flow yoga.

Key words: exercise physiology ; cardiovascular function ; Flow yoga ; ball yoga ; college student

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