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Summary
**EFFECT OF TRAINING PROGRAM
AND DITE ON BODY FAT PERCENT
FOR ANCIENT ATHLITES**

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Introduction and problem of the research:

The change that happened to the life of modern man led to depriving him from a lot of his movements and activities although he lives in development and progress. But this breaks through led to man's stability. Man often rides something instead of walking, he sit instead of standing, he watches instead of practice, which lead to bad balance of the energy between what is gained and what is can summed during activity. So the problem of obesity become a parent obesity is a world wide problem not restricted only to industrial world. But spread to developing countries with improvement in living standard and change of feeding habits.

Through statistics and research is remarks as a trainer in fitness Gym, the research noticed the rise in the number of men who come to the Gym to reduce their weight or protect themselves from obesity after a long struggle and despair to achieve the suitable weight and fitness a swell as the good appearance.

In this study, the researcher designs a training program suggested.

The research said that aerobic sports activity practice vs the bes treatment for elimination of fats as they increase the metabolic rate in addition to their positive effects on some biological aspects associated with obesity like blood pressure, Phase cholesterol, body composition and cardio respiratory functions.

Research aim:

- 1) Design a training program and dietary modification to reduce the weight.
- 2) Knowing the effectiveness of the suggested training program and dietary modification for weight.

Reduction on:

- the biochemical variables: (Glucose, Cholesterol, Triglycerid, HDL, LDL, SGOT, SGPT and Hb).
- Anthropometric variables: (weight , Body , mass index).
- The functional variables: (pulse, Diastolic, systolic blood pressure, physical efficiency) vital capacity, the Maximum consumption oxygen)
- The physical variables: strength , speediness, Agility, flexibility and endurance.

Research hypothesis:-

- 1- There are statistically differences between the p +ve and post measurements of the research sample in the biochemical variables in favour of the post measurements.
- 2- There are statistically differences between the p +ve and post measurements of the research sample in the biochemical variables in an chronometric variables in favour of the post measurements.
- 3- There are statistically differences between the p +ve and post measurements of the research sample in the biochemical variables in the functional variables in favour of the post measurements.
- 4- There are statistically differences between the p +ve and post measurements of the research sample in the biochemical variables in the physical variables.

The research procedures

The research curriculum (style) the research used the experimental method.

The research sample

The research sample contained (12) persons of men 40-50 years old who desire to reduce their weight.

- The research fields:

The research was applied on (12) man suffering from obesity who desired to reduce their weight in elzhraa Gym physic therapy reducing weight , they were between 40 to 50 years old.

The place field : Elzhraa Gym for phsio therapy in Asafra – Dakahlia.

The time field :

The program was applied from the period form 20/3/2009 to 19/6/2009.

The research instruments

1. Rasta meter.
2. a medical Scales.
3. sphygmomanometer measuring Blood pressure.
4. an Argo metric Bike to measure physical Fitness and maximum consumption of oxygen.
5. Spiro meter to measure the vital capacity.
6. Stop- watch.
7. balls (Medical – foot)
8. Step boxes.
9. Multi Gym.
10. Trade mill.
11. Measuring meters.
12. Hand- weight (Dumbbells)

The results

- 1) This study has resulted that the suggested sport program and diet modification, led to reducing the weight of the persons of the research samples. The ratio of reducing weight for the research group was (14.71) in addition to positive effects of the program in improvement of cardio respiratory system

efficiency, physical fitness elements and blood lipidos and anthrop metric measurements.

- 2) There is difference in the response of different body system to the effectiveness of the suggested sport program and dietary modification.
- 3) The suggested sports program for weight reduction lead to increase in (HDL) concentration that guard against as atherosclerosis and thrombosis also lead to reduction in (LDL) that consecrate diseases and thrombosis.
- 4) Rise in the level of physical fitness of the research sample.

Recommendation:

- 1) Using the suggested sports program and dietary modification as a mean for weight reduction for men from (40-50) years.
- 2) Conducting more research in the field of weight reduction to emphasize the importance of sports practice for health and treatment of obesity to correct the deficit in body energy balance.
- 3) Conducting similar researches on different age groups and samples.
- 4) Supporting the sports institutes with laboratories and recent apparatuses specific for physiological and biochemical measurements to benefit from them in designing and follow-up evaluation and correction of sports programs.