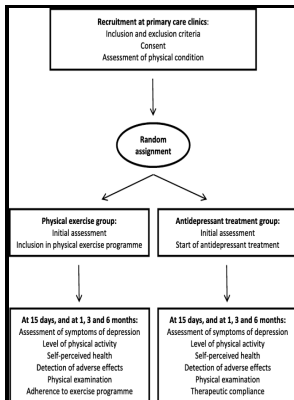


Relationship between cardiovascular fitness and depression in middle-age men as a result of an aerobic conditioning program.

Microform Publications, College of Human Development and Performance, University of Oregon - Effects of Aerobic Training on Psychosocial Morbidity and Symptoms in Patients With Asthma: A Randomized Clinical Trial



Description: -

-relationship between cardiovascular fitness and depression in middle-age men as a result of an aerobic conditioning program

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Notes: Thesis (M.S.) Pennsylvania State University, 1983.

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How much exercise is required to reduce blood pressure in essential hypertensives: a dose

This activity did not yield any training response; the intensity corresponded to 44.

Physical Activity and Quality of Life in Older Adults

The author responded, but this additional information was not used because the results violated the inclusion criteria. Kujala UM, Sarna S, Kaprio J, Koskenvuo M 2006 Hospital care in later life among former world-class Finnish athletes. The duration for aerobic training is usually greater than 15 minutes of continuous exercise.

How much exercise is required to reduce blood pressure in essential hypertensives: a dose

What Is Quality of Life? We begin our discussion with a focused and comprehensive critical review of the literature on physical activity and quality of life in older adults when this outcome has been studied as a single construct as opposed to a descriptor for multiple outcomes. Comment In the present study, in middle-aged men, V.

Effects of Aerobic Training on Psychosocial Morbidity and Symptoms in Patients With Asthma: A Randomized Clinical Trial

The most likely reason for this pattern in the data is that performance measures are more observable and thus salient to people's lives than are changes in a fitness parameter such as O₂max. For example, the two studies using the National Health and Nutrition Examination Survey data from the same study period that presented data on the association of age with CRF are both listed in the summary table but were counted as only one sample. Therefore, any exercise program should be overseen by qualified and knowledgeable professionals.

Correlates and Determinants of Cardiorespiratory Fitness in Adults: a Systematic Review

These authors also noted that many investigators include additional concepts in their HRQL test batteries.

Moderate vs. high exercise intensity: Differential effects on aerobic fitness, cardiomyocyte contractility, and endothelial function

Cardio-respiratory fitness Relative to resistance training and muscular strength, the effects of aerobic or endurance training on cardio-respiratory fitness have received much more research attention. For example, physicians or family members may discourage physical activity in older adults who have chronic health problems, in effect promoting a self-schema of frailty. Statistical analyses Test data for the groups were analyzed with ANOVA with repeated measures.

Physical Activity and Quality of Life in Older Adults

The following categories of factors were considered: 1 sociodemographic factors e. For instance, Schultz et al.

How much exercise is required to reduce blood pressure in essential hypertensives: a dose

Some studies have tried to tackle this problem in a longitudinal design by observing the associations between changes in physical activity and future health. Before the respective intervention period, BP was obtained on two separate visits with an interval of 2 weeks, and the average values were used as the baseline value.

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