

Abstract

Title: Effect of HIIT on overweight and obese adult population

Objective: To summarize main information on how high intensity interval training (HIIT) effects an overweight and obese adult population, based on scholarly literature and current foreign research studies.

Methods: The bachelor thesis is elaborated as a research of scholarly literature and current foreign studies which include topics about overweight and obesity, physical activity, HIIT and its effect on overweight and obese adult population.

Results: HIIT has beneficial effects on overweight and obese adult population based on available scholarly literature and current foreign studies. The effects were noticed on morphological composition such as body weight, body fat, waist circumference, visceral fat, but also on physiological effects such as VO_{2max} , blood glucose rate, diastolic and systolic blood pressure and resting heart rate. Another finding was that HIIT shows similar beneficial results as moderate intensity continuous training (MICT), so we can highlight that HIIT is more time-effective training method than longer-lasting MICT. Long-term HIIT seems to be more effective as short-term HIIT. It is necessary to follow principles during creation and performing HIIT, and also pay attention to our current health status and current physical condition, when we want to include HIIT to our physical plan.

Keywords: overweight, obesity, HIIT, adult population, intervention