

Abstract

Title: Zumba as means of body fat reduction

Objectives: The main objective of this bachelor thesis was to assess Zumba as means of body fat reduction. Exercise intensity was monitored at ten different sessions of Zumba. The target band was set at 75-85% of maximum HR, which is the best for body fat reduction and at duration of exercise load for at least 15-20 minutes.

Methods: In this study, the method of comparison was mainly used when comparing the intensity of exercise load of individual Zumba fitness lessons and heart rate monitoring method using sporttester. Another objective of this thesis was to highlight the benefits of Zumba as an aerobic exercise by summarizing the main effects of the aerobic exercise, to bring an explanations of the basic principles and methods of aerobic exercise and to explain the basic processes ongoing in the body during and after aerobic exercise.

Results: From the data, it was found out that the subject's HR during the Zumba lesson was oscillating within the target band 75-85% of the maximum HR on average 31 minutes and 46 seconds. Expressed as a percentage relative to the total time the lesson it was 58% of the total time, with a mean standard deviation of 8%. In conclusion Zumba was considered as an appropriate physical activity for reducing body fat, on condition of keeping heart rate in the recommended band.

Keywords: aerobic exercise, Zumba fitness, heart rate, intensity of exercise load, reduction of body fat, load zones