

Abstract

Title:

Specific exercise program (HIIT) and its influence on body composition in men and women.

Objective:

The main objective of the study was to analyze changes of body composition in men and women, who completed a three-month exercise program.

Methods:

The work has the character of an empirical research, where the main method is observation. At the beginning of the research, the group consisted of 15 men and 15 women. The research was completed by 11 men and 11 women. The observed group were attending lessons based on HIIT method in fitness center Balance Club Brumlovka. For the input and output data (body height, body weight and parameters of body composition) were used a digital altimeter and bioelectrical impedance InBody 770. The resulting values were assessed using a paired t-test (statistical significance) and Cohen-d (substantive significance).

Results:

The result of the study is that during the specific three-month exercise program occurred differences in anthropometric parameters (body weight) and parameters of body composition. The most significant differences in both men and women were the decrease of average weight (kg), the decrease of total body fat (%) and the increase of total body water (%) and fat free mass (kg).

Key words:

Anthropometry, body composition, bioelectric impedance, healthy lifestyle, exercise program