Abstract

Title: The effect of alcohol ingestion on body composition after aerobic maximal test on the treadmill ergometer

Objectives: The aim of this study was to assess the influence of alcohol on selected parameters of body composition after aerobic maximal test on the treadmill ergometer.

Methods: Seven women engaged in physical activity at least three times a week (age 23 ± 0,9 let, height 169,9 ± 8,2 cm) volunteered to be part of the study. Aerobic maxim test was done on the treadmil ergometer and body composition was measured by bioelectrical impedance analysis device BIA 2000M. Followed parameters are absoulut amount of total body water (TBW) and intracellular water (ICW) in liters, percentage of body fat (% BF), absolut amount of fat - free mass (FFM) in kg and extracellular mass and body cell mass ratio (ECM/BCM). Data was processes in SPPS 20.

Results: The results did not show a statistically significant effect of alcohol ingestion on followed parameters of body composition after aerobic maximal test. The high effect (effect – size) was found just for fat free mass.

Key words: Alcohol, aerobic load, body composition