



The effect of eight weeks of resistance training and dark chocolate on the functional factors of female swimmers

Oral Presentation

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Abstract

Background: Swimming is one of the most popular sports that muscle strength and endurance are very important.

Purpose: The purpose of this study the effect of resistance training and consumption of dark chocolate on performance factors of female swimmers was 10 to 15 years.

Methodology: Statistical sample included 42 female volunteer swimmers with an age of 10 to 15 years that is random in three groups, resistance training with the consumption of dark chocolate (Experimental 1= 14 people), Resistance training (experimental 2= 14 people) And the control group (14 people) were divided. Rast tests, Sargeant jumps, 25 and 100 meters crawl swimming records were used to assess anaerobic power. Two groups for eight weeks (Three sessions, 1 hour per week) With 2 to 3 turns and 10 to 15 repetitions they performed selected exercises. The control group had no training. All measurements after 8 weeks repeated for all three groups under the same conditions. Correlated t-test, analysis of covariance and Bonferroni post hoc test were used for data analysis ($p < 0.05$).

Results: The results showed that 8 weeks resistance training with and without consumption of dark chocolate caused a significant reduction ($p < 0.05$) in the 25- meters crawl swimming record (16% and 14%, respectively), 100 meters crawl swimming record (15% and 14%, respectively). In addition, a significant reduction in the sargeant jump (42% and 37%, respectively), maximum power (51% and 23% respectively), minimum power (67% and 32%, respectively), medium power (67% and 35%, respectively).

Conclusions: In general, resistance training and consumption of dark chocolate more effective than resistan training alone on functional factors, especially anaerobic variables of female swimmers.

Keywords

dark chocolate; Resistance training; functional factors; female swimmers

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