

The benefits of aerobic aquatic gymnastics on overweight children

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Abstract

Background. Aquatic aerobics programs serve the needs of individuals who feel uncomfortable in carrying out exercises on land or are unable to perform. Physically challenged, obese children have taken advantage of a water aerobic physiological program that includes aquatic exercise, running on the spot in shallow and deep water and modified swimming strokes.

Aims. Research aimed at the possibility of creating aquatic programs for overweight children to meet the physical problems that they are facing on exercising on land, to achieve weight loss.

Methods. The study was conducted in swimming pools, by means of aquatic programs over a period of 12 weeks, and included 7 overweight children aged 5-8 years. The data investigated were recorded in a Word database.

Results. Following analysis of parameters was found that the average weight in the whole group index decreased by 2.36 kg for the 6 children present at the final testing (an average growth index of 0.23 cm). Children have started with a weight of 37 kg, which was reduced to 35.8 at 5 years old and at 6 years old a boy reduced from 42,3kg to 40.5 kg, while at 8 yrs old the difference was 2kg from 46 kg to 44kg. The results were significant: 0,000376, with a medium t 2 of 28,23.

Conclusions. Significant increase in heart rate and oxygen assimilated suggests that this type of exercise is useful in the physical training of people with low physical capacity. In addition, water aerobic programs have been found to change body composition effectively and improves physical training. Water aerobic exercise does use a higher percentage of fat as a fuel source. Through a regular program of aerobic exercise in water, the level of fitness improves.

Keywords: aquatic fitness, reducing weight, height growth.