

EFFECT OF LOW INTENSITY, MODERATE INTENSITY AND HIGH INTENSITY AEROBIC TRAINING ON RESTING STATE PLASMA FIBRINOGEN AND RESTING STATE LDL CHOLESTEROL AMONG MIDDLE AGED MEN

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ABSTRACT

Plasma fibrinogen is considered as a precipitating factor of Coronary Heart Disease. LDL cholesterol is considered as the bad cholesterol and cause for inundation into intima of arteries causing atherosclerosis. Different intensities of aerobic running with different metabolic pathway cascades show different effects on these two variables. Sixty subjects randomized to four groups participated in this study aimed to understand the effect of low, moderate and high intensity of aerobic running on the resting plasma fibrinogen and resting LDL cholesterol. Three groups participated as exercising groups and they are Low Intensity, Moderate intensity and high intensity groups. The groups exercised with the aerobic protocols of running. Baseline values and post intervention values of the variables were measured and analyzed. Analysis of Covariance revealed that high intensity aerobic running caused significant variance in resting LDL cholesterol (-14.20, 0.05) when compared to moderate intensity (-12.72, 0.05) and low intensity (-9.68, 0.05). Both moderate (-23.30, 0.05) and high intensity (-27.89, 0.05) aerobic running caused significant variance in resting Plasma fibrinogen levels. Moderate and high intensity aerobic running are effective in controlling the resting state Plasma fibrinogen whereas high intensity aerobic running is effective in decreasing the resting LDL cholesterol in individuals.