

THERMO-REGULATORY CHANGES OF SKIN TEMPERATURE FOLLOWING AN EXERCISE BOUT AMONG FEMALE HAVING DIFFERENT BODY COMPOSITION

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ABSTRACT

The human body regulates temperature by keeping a tight balance between heat gain and heat loss. The purposes of the study were to find out the maximum changes in skin temperature following an exercise bout among women having different body fat and to find out the pattern of change of skin temperature in women having different body composition after completing an exercise bout and their comparison. A total of 13 young adult female within the age of 21-30 years were volunteered as subject for this study. Skin temperatures at rest, immediate after exercise and during recovery period were considered as criterion of the present study. Skin temperature was measured by Non-Contact Digital Thermometer. Standard stop watch was used for time specification. Step up and down for five minutes on 16 inch high bench was used as exercise protocol. All data for the present study was collected at average 25.21°C temperature and 63.33% humidity. Multiple group design with three independent groups was considered in present study. All calculations were done by the standard statistical procedure. Only 0.05 level of confidence was considered in present study. Findings revealed that skin temperature for all groups was fallen immediately after exercise. This fall in temperature immediate after exercise for different groups of women was statistically significant. The highest amount of fall of skin temperature immediate after exercise from resting state was found in G1 women and lowest for G3 women. The skin temperatures of the subjects measured each after 5 min interval in recovery time indicated gradual increase and reached resting value after 30 minutes, 20 minutes and 15minutes for G1, G2 and G3 women respectively in specified environmental temperature and humidity. Result clearly indicated that skin temperature fall immediately after exercise and rises continually along with the time during recovery phase and took different period of time to reach its resting value.