

Comparison effects of warm and cold temperament on the level of muscle damage and anaerobic threshold after aerobic exhaustion activity in non-athlete's

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Introduction: Exercise is an important factor in maintaining health in the traditional Iran. Scientists have put sport in different groups and believe that every sport exercises has special effects. Temperament in traditional medicine studies is a fundamental factor in creating individual differences that it have an important role on athletic talent and physiological response in human. In this study we sought to investigate the role of temperament on muscular damage and anaerobic threshold after aerobic exhaustion activity.

Methods: This study was a quasi-experimental research on 18-26 years old men. The number of participants was 36 people that divided into two groups of 17 colds and 19 warm of temperament. Before and immediately after aerobic exhaustion activity, both blood samples were taken. Exit activity protocol was the Bruce test that did not move until the stage of extinction. The anaerobic threshold was measured by DMAX and polar beats. After data collection, it was analyzed using spss software version 21.

Results: The results showed that the anaerobic threshold in cold temperament subjects was significantly higher than those of warm temperament subjects ($P = 0.01$). Also, the creatine phosphokinase ($P = 0.02$) and lactate dehydrogenase ($P = 0.004$) enzyme cold temperament

subjects were significantly higher than those of warm temperament subjects. The significance level was considered to be 0.05 in all results ($p \leq 0.05$).

Conclusion: In the field of healthy and professional exercise, the temperaments of individuals play an important role, and individual differences with the index of temperament can be a policy in the field of exercise science.

KeyWords: Temperament, exhausting aerobic activity, muscle damage, creatine kinase, lactate dehydrogenase.

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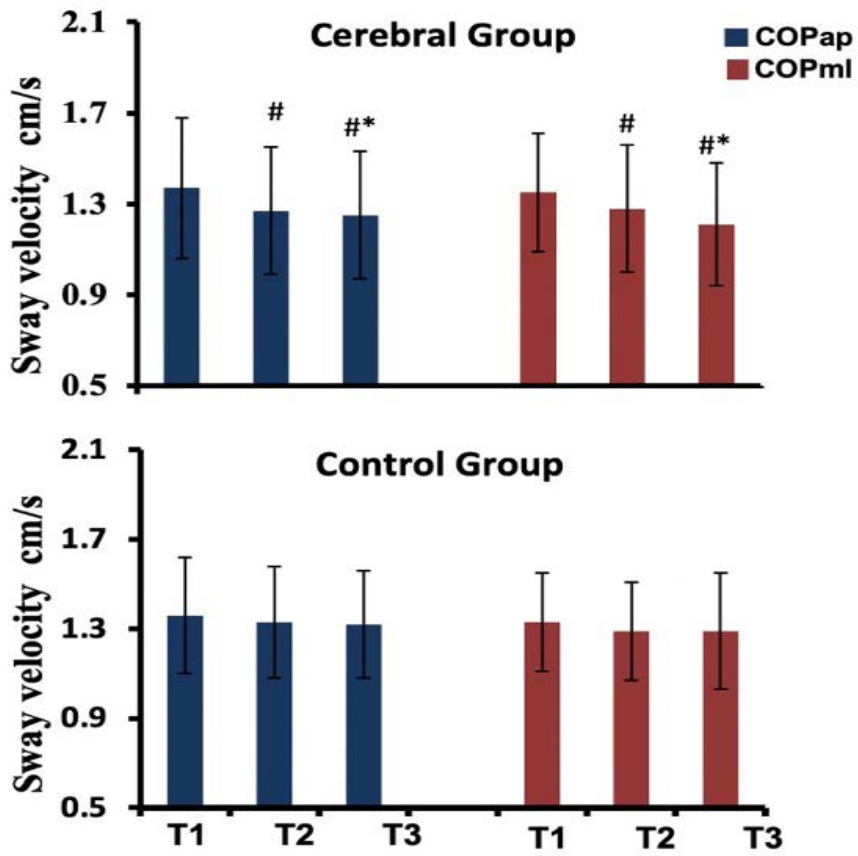


Figure 1. Mean and standard deviation of sway velocity of center of pressure in anterior-posterior (COPap) and medial-lateral (COPml) directions and with without cognitive exercises, recorded before (T1), immediately after (T2) and 10 minutes after (T3) after cognitive exercises.