

6th International Conference on

PH IO HE RA

November 19-20, 2018 Bangkok, Thailand

The effects of high-intensity interval training on athletic performance measures: a systematic review

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Background: The potency of act of an athletic depends on number of features, which includes procedure, power, patience, stamina, etc. There are a number of procedures of guidance which is developed to optimize strength of an athletic. A most popular method is High Intensity Interval Training which is considered as a successful procedure in improving various variables of physiology.

Objective: To understand various outcomes of High Intensity Interval Training in improving strength of athletics.

Method: Literature review which is indexed in the various databases viz SportsDiscus, Medline, PubMed and CINAHL was performed by which research gap has been identified. Quality of Research Methodology of the studies is degraded by systematically using the PEDro scale.

Results: Twenty Five studies comes under the population criteria, all such studies have been included in this research. The scores based on the PEDro scale were found 15/20–17/20. The results of High Intensity Interval Training found improvements in running: 5000 and 5500 m track time (TT), ($p = 0.03$, $p < 0.05$, respectively) and 40-m sprint TT ($p = 0.091$), rowing: 3000-m TT ($p = 0.02$), cycling increase in 5 mile time trial ($p = 0.04$), softball significant increase in peak pitch velocity (3%), and hockey skating 33 m sprint ($p = 0.03$). High Intensity Interval Training was not significant for swimming endurance trials ($p = 0.03$), and B

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