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### The Effect of an 8-Week Aerobic Exercise on Blood Lipoprotein of Non-athletic Middle-aged Women of Ahvaz

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, LDL-c ,HDL-c ,VLDL-c  
RF

**Abstract :** The purpose of this research is to investigate the effect of an 8-weeks aerobic exercise on blood lipoproteins / colestrol, triglicrid, VLDL-c<sup>2</sup>, HDL-c<sup>3</sup>, LDL-c<sup>4</sup>, RF. 30 healthy nonathlete middle-aged women of Ahvaze were selected randomly. They were divided into 2 groups: 15 exercise and 15 control group. Before the training, pre - tests were conducted for both groups. Then the training group performed aerobic exercises with the intensity of 60-70% HRmax<sup>5</sup> for 8 weeks, 3 sessions, each session an hour. During this period, the control group did not have any special physical activity and 2 groups were asked to continue their daily diets. After the 8 weeks, the 2 groups had their post-tests. The findings were analyzed. Descriptive survey and t-test (independent) were used at ( $\alpha=0.05$  level). The result of the present study suggests that middle-

HRmax

VLDL-C ,HDL-C ,LDL-C  
RF

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- 1 - Email :Leila\_taheri2007@Yahoo.com
  - 2 - Very Low – Density Lipoprotein
  - 3 - High – Density Lipoprotein
  - 4 - Low – Density Lipoprotein
  - 5 - Heart rate Max

, RF ,

aged can reduce their cardiovascular risk factors  
performing endurance physical activity.

**Key Words**

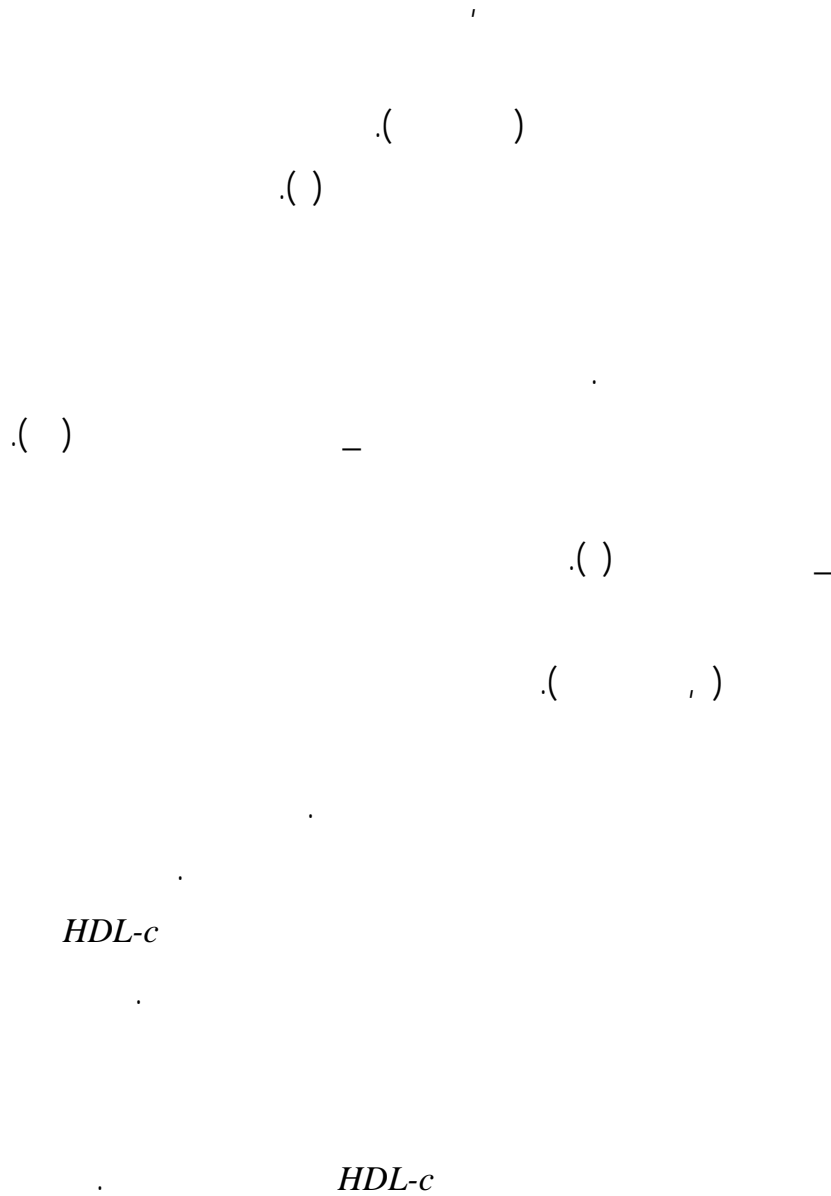
Lipoprotein, Rf, Colostrol, Triglyceride,  
Aerobic training.

*LDL-c, VLDL-c*

*RF*  
*HDL-c*

*LDL-c VLDL-c*

*(HDL-c)*  
*HDL* .( ) *RF*  
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1 - Lindou  
2 - King

*HDL-c*

*HDL-c*

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*Perkin-Elmer550-SE*

*RF C-T HDL-c TC*

$$VLDL - c = \frac{TG}{5}$$

$$RF = \frac{CT}{HDL - C}$$

*VLDL-c*

( )

( )  
( )


$t$   
 $\alpha = /$   
*Excel* *SPSS*  
 $( / )$   $p$   
*HDL-c*  $\alpha = /$



HDL-c				t					
<i>n</i>	<i>P</i>		<i>T</i>						
	/		/	/	/	/	/		HDL-C
					/	/	/		

( / ) *p*  
*HDL-c*  $\alpha = /$

HDL-C				t					
<i>n</i>	<i>P</i>		<i>T</i>						
	/		/	/	/	/	/		HDL-C
					/	/	/		

*p* *t*  
 $\alpha = /$  ( / )

LDL-C				t					
<i>n</i>	<i>P</i>		<i>T</i>						

*LDL-c*

	/		/	/	/	/	/	/		LDL-C
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( / )

$p$

LDL-c

$\alpha = /$

LDL-C

$t$

-

$n$	$P$		$T$							
	/		/	/	/	/	/	/		LDL-C

$p$

$t$

$\alpha = /$

( / )

$t$

-

$n$	$P$		$T$							
	/		/	/	/	/	/	/		

$p$

$\alpha = \frac{t}{l}$

$( / )$

$n$	$P$		$T$						
	/		/	/	/	/	/		
					/	/	/		

$$p \quad t \quad \alpha = / \quad ( / )$$

$n$	$P$		$T$						
	/		/	/	/	/	/		
					/	/	/		

$$p \quad t \quad \alpha = / \quad ( / )$$

$n$	$P$		$T$						
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	/		/	/	/	/	/		
					/	/	/		

$p$

$t$

$\alpha = /$

( / )

VLDL-c

VLDL-c

$t$

$n$	$P$		$T$						
	/		/	/	/	/	/		VLDL-C
					/	/	/		

$p$

$t$

$\alpha = /$

( / )

VLDL-c

VLDL-C

$t$

$n$	$P$		$T$						
	/		/		/	/	/		VLDL-C
					/	/	/		

$$p \quad t$$

$$\alpha = / \quad ( / )$$

$$( RF )$$

(RF) t -

<i>n</i>	<i>P</i>		<i>T</i>						
	/		/	/	/	/	/		RF
					/	/	/		

$$p \quad t$$

$$\alpha = / \quad ( / )$$

$$( RF )$$

(RF) t -

<i>n</i>	<i>P</i>		<i>T</i>						
	/		/	/	/	/	/		RF
					/	/			

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( ) ( ) ( ) ( )

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*HDL-c*  
( ) ( ) ( )  
( ) ( ) ( )

*RF*

*HDL-c* ( ) ( ) ( )  
*HDL-c*

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*HDL-c*

*LDL-c, VLDL-c*

*LDL-c*

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*VLDL-c*

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*HDL-c LDL-c*



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