

# **The improvement of the functional respiratory status of students from the University of Bucharest using the means of aerobic gymnastics**

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## **Abstract**

*Background.* Aerobics, due to its content, is one of the most efficient means of physical education for health maintenance. We can assert that the health of the human body depends to a great extent on the amount of oxygen consumed per time unit, amount which is considerably increased as the human body is more trained as a result of the practice of aerobics.

*Aims.* The objective of this research is to study the development of some respiratory parameters in students from the University of Bucharest.

*Methods.* The investigated parameters were: respiratory frequency, vital capacity and Lorentz index. The pedagogical experiment took place during October 2012 – April 2013. The sample consisted of 40 students from the University of Bucharest who attended aerobics and the work of the two groups was conducted differently. The control group worked with classical, traditional means, while the experimental group used cardio programs.

*Results.* In both groups, the final results were better than the initial results recorded at the beginning of the experiment, but in the experimental group, there was a significant increase in all the investigated parameters between the initial and the final testing, compared to the control group, where the rate of increase was lower.

*Conclusions.* These significant increases recorded in the experimental group confirm the hypothesis formulated at the beginning of the experiment.

**Key words:** respiratory, aerobics, students.