

# Psychological Effects Of Aerobic Fitness Training

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January 31st, 1992 - The effects of aerobic and nonaerobic exercise on depression and self concept were investigated in a pretest posttest control group design 89 undergraduates engaged in the aerobic exercise of swimming the nonaerobic exercise of weight training or a control Introductory Psychology class

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June 26th, 2016 - When resistance training was combined with aerobic exercise which alone failed to decrease anxiety symptoms robust decreases in anxiety were observed This effect suggests that resistance exercise may enhance the effects of other modes of exercise or conversely other modes of exercise may enhance the effects of resistance training

### **The physiological musculoskeletal and psychological**

August 15th, 2012 - Stand up paddle boarding appears to be an enjoyable easy to learn alternative to traditional forms of training This study shows significant improvement in aerobic and anaerobic fitness multidirectional trunk endurance and self rated quality of life measures

can be elicited by SUP participation for previously untrained individuals

### **The effects of aerobic and anaerobic training on fitness**

November 6th, 2018 - To determine whether fitness alters psychological and physiological indices of well being male police officers were assigned to either an aerobic or anaerobic training condition or to a no treatment control group

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