

P5-19

Effects of Therapeutic Recreation Dance Movement and Diet Therapy on Diabetes, Hypertension and Hyperlipidemia to Aged People

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The purpose of this study is to discuss and analyze the effect of TRDM (Therapeutic Recreation Dance Movement) and diet therapy on serum lipids, HR, FBS, and BP in the old-aged adult group. These group were divided health group (n:12), diabetes group (n:10), hypertension group (n:11) and hyperlipidemia group (n:10) were performed TRDM and diet therapy for 12 weeks. Through the result of this study, we can find TRDM and diet therapy make reduce FBS in the diabetes, reduce BP in the hypertension and also reduce T-C, TG, LDL-C in the hyperlipidemia effectively. Therefore, TRDM and diet therapy applying to the old-aged adult is considered to contribute them healthy life and prevention of chronic disease such as diabetes, hypertension and hyperlipidemia.

P5-20

Effects of Weight Loss on Calorie Intake and Body Composition to Wrestlers

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This study is to find out calorie intake and body composition changes in accordance with weight loss of wrestlers. The wrestlers were divided three groups : no weight loss group (A), 5~7% weight loss group (B) and over 7% weight loss group (C). And they were observed three : before weight loss, at measuring weight and before games. Before weight loss, the percentage of the daily intake to the daily energy expenditure is 57.7% for the A group, 47.2% for the 5%~7% weight loss group and 53.7% for the over 7% weight loss group. The calorie intake of each group per meal: the A group intake 1,118 kcal before weight loss, 760.9 kcal before weight measurement and 1026.8 kcal from after weight measurement to before games, and the B group intake 955.4 kcal before weight loss, 483.1 kcal before weight measurement and 880.4 kcal from after weight measurement to before games, and the C group intake 959.3 kcal before weight loss, 339.4 kcal before weight measurement and 872.7 kcal from after weight measurement to before games. The ratios of calorie intake (protein:fat:glucose) : the A group showed 16.7~35.1%:20.8~23.8%:44.1~60%, the 5~7% B group showed 15.5~26.6%:22.2~23.7%:50.6~62.3% and the C group showed 15.0~30.2%:19.6~27.6%:50.7~59.4%. After weight loss, weight and BMI changes in accordance with weight loss among groups showed meaningful differences in all circumstances ($p \leq .001$). In the changes of total body water, protein, mineral, fat mass and %fat in accordance with weight loss among groups, when we compared those of before games with those of at measuring weight, we found that the C group showed a meaningful increase over the A group ($p \leq 0.5$). In the changes within groups, though we found no meaningful difference, total body water, protein and mineral of before games were less than those of before weight loss, and fat mass and %fat of before games were higher than those of before weight loss.