

Assessment and comparison of maximal oxygen uptake in young athletes of different sports discipline.

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Field of study: Training and sport performance

Type of study: Case report or case series

Type of presentation. Poster presentation. ICSS 12.2019

Abstract

Introduction: Maximal oxygen uptake (VO_2 max) is a better indicator for success and good performance in different kind of sports. Maximum oxygen uptake (VO_2 max) can be predicted by different methods and techniques but, the multi-stage 20-m shuttle run fitness test was selected in this study.

Aims and Objectives: The purpose of this study is to make an assessment and comparison of (VO_2 max) between sports discipline and standard results of many other countries. The main objective is to present appropriate exercises in order to improve VO_2 max.

Methods and Equipment: The present research was carried out in 40 athletes (20 athletes female and 20 athlete's male) between age 14.3+ 2.0 years old. Athletes (football and volleyball disciplines) performed anthropometric measurement and the multi-stage 20-m shuttle run test. Equipment needed: shuttle run sound test, measuring tape, whistle, marker cones and digital height weight scale.

Results: VO_2 max was statistically higher in football athletes compare to volleyball athletes. There were significant differences in anthropometric measurement between football and volleyball disciplines.

Conclusion: In conclusion it is very important to improve maximal oxygen uptake through appropriate exercises, because eventually we increase the endurance and performance in sport.

Keywords: maximal oxygen uptake (VO_2 max), multi-stage 20-m shuttle run, athletes, anthropometric measurement.