67 THE EFFECT OF AEROBIC TRAINING ON SELECTED VARIABLES IN PATIENTS WITH TYPE 1 DIABETES MELLITUS

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The purpose of this research was to find out the effect of aerobic training on selected variables in patients with type 1 diabetes mellitus. The method of this study was experimental research. The sample consisted of 22 subjects (11 males, 11 females), mean age and SE, 56.21 years, randomised to a 4-month ET programme. Training consisted of 45–60 min aerobic exercises (60–80% heart rate reserve) three times a week. Blood glucose, BF%, TG, BPs, BPd, HR rest levels and VO₂max level were obtained before and after a 4-month training period. Results at $p < 0.05$ significance showed the following results: the fasting blood glucose after 4 months training period did not change ($p > 0.05$), but the BF%, TG, BPs, BPd and HR rest levels decreased and VO₂max level increased.

Conclusion 4 months of regular physical activity had a positive effect on some physiological factors (BF%, TG, BPs, BPd, HR of rest and VO₂max) but no effect on other factors such as fasting blood glucose.