

81 FLUID LOSS AMONG SWIMMERS DURING DIFFERENT DURATION WATER WORKOUTS

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To compare the amount of fluid lost among swimmers during different duration water workouts, 15 swimmers (10 males and 5 females) with age ranging from 17 to 23 with a mean and SD of 20.13 ± 2.06 years were selected randomly from LNIPE Swimming group. The subjects were given three treatments, that is, 12, 18 and 24 min continuous swimming. The data were collected under similar conditions on three different days with 2 days rest in between each treatment for full recovery. In order to measure amount of body fluid loss in swimmers 'Wintrobe Test' was used. The difference between the pre and post blood samples was expressed in terms of number of plasma content, white blood cells and red blood cell. There was no significant difference found in the mean body fluid lost in three treatments given to swimmers. Value of calculated 'f', that is, 3.35 was less than the tabulated 'f', that is, 19.47 at the 0.05 level of significance. It shows that there was no variability of the amount of fluid loss during different durations of water workouts which is statistically insignificant.