EFFECTS OF SWIMMING TO FORCED VITAL CAPACITY AND FORCED EXPIRATORY VOLUME IN ONE SECOND IN MEDICAL STUDENTS OF UNIVERSITAS LAMPUNG

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ABSTRACT

Swimming is one of aerobic physical exercise that could change muscle fiber and lead to the changes of shape on some fast glykolytic/FG fiber to dast oxidative-glycolytic/FOG fiber. Besides, swimming could stimulate blood flow to heart, blood vessel, and lungs that improves heart and lungs functions.
The purpose of the research is to understand the effects of swimming on lungs function in the students of Medical Faculty Universitas Lampung.

The method used is experimental research with Pre-Post Test Group Design. Furthermore, the research was held in Universitas Lampung swimming pool on October 2014. The participants are the 3rd students of Medical Faculty Universitas Lampung. Research sample of 35 people with simple random sampling technique and t-test as the statistic analysis method used.

Average Forced Vital Capacity (FVC) value on sample before swimming is 2,98, while after swimming becomes 3,69. Average Forced Expiratory Volume In One Second (FEV1) value on sample before swimming is 2,60 and after swimming becomes 3,70 with p value= 0,05

In conclusion, swimming increase FVC and FEV1 on students of Faculty of Medicine Universitas Lampung.

Keyword: FEV1, FVC, Lung Function, Swimming