

ABSTRACT

This study investigated the effects of swimming training on the plasma HDL-Cholesterol and LDL-Cholesterol level. The samples were 44 males 3 month old albino wistar rats. The experimental design was "*Extended Randomized Posttest Only Control Group Design*". Before given treatments, they were divided into four group's, group one for pretest only, group two posttest only and they did not carry out any training program, group three carried out swimming training one times a week, and group four carried out swimming training two times a week.

The HDL-C and LDL-C was calculated with CHOD-PAP method test on The Labkesda Surabaya. The statistic analyses were tests on normality, homogeneity, "t", corelation test, anava and LSD computed with SPSS program.

There were not any significant increase'd the HDL-C, but the LDL-C in both experimental groups decreased highly significant ($P < 0,01$), but showed no significant differentce ($P > 0,05$).