

The Effect of active and passive warming up on blood glucose and lactic acid before sub-maximal physical activity

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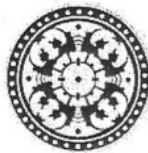
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TABLE OF CONTENT

Welcome Greeting
Conference Chair

Greetings and Best Wishes to This Conference
President, International Ergonomics Association

Changing mind set and widening the horizon to achieve better future
Initiator Ergofuture

Table of Content

Conference Programme

Day 1 (One)

Conference Programme

Day 2 (Two)

Conference Programme

Free Paper Presentation

Day 3 (Three)

Conference Programme

Free Paper Presentation

methods, test and measurement sti-and-reach and physical activity questionnaire using PAR-Q and GPAQ questionnaire.

Result obtained an average age of male respondents was 40 ± 7 years and the average age of female respondents was 38 ± 6 years. From the measurement results, the majority of respondents have a poor fitness level (55.2%) and the majority of respondents have a low level of physical activity (58.6%).

Educational staffs of FKUP have poor physical fitness and low physical activity levels. Another exploration still be needed regarding the influence of this condition to work performance. But still, spesific exercise or health programme to enhance these aspects need to be done immediately.

Keyword: physical activity, physical fitness, education staffs

AI145

KEBAR'S GRASS IMPROVES SPERMATOGENIC QUANTITY AND SPERMATOZOA QUALITY IN RATS EXPOSED WITH CIGARETTE SMOKE

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Kebar's grass from Kebar Sub District, Manokwari, West Papua is known as traditionally medical herb for reproductive performance. This research used a completely randomized design (CRD) with the use of extract kebar's grass 0.0945 mg/gr body weight/day to improve reproductive performance of male rat exposed with cigarettes smoke. Twelve male rats were divided into 4 groups, each 3 rats in group. A1 and A2 are the group exposed with cigarette smoke 10 cigarettes/rat/day for 20 days and 60 days, A3 and A4 are the group exposed with cigarette smoke 10 cigarettes/rat/day and followed by giving of extract kebar's grass for 20 days and for 60 days. The parameters observed was spermatogenic quantity and spermatozoa quality. The results showed that extract kebar's grass 0.0945 mg/gr body weight/day could improve the reproductive performance in male rat, including the increase of spermatogenic quantity and spermatozoa quality. *Keywords: Cigarettes smoke, kebar's grass, spermatogenic, spermatozoa.*

AK165

THE EFFECT OF ACTIVE AND PASSIVE WARMING UP ON BLOOD GLUCOSE AND LACTIC ACID BEFORE SUB-MAXIMAL PHYSICAL ACTIVITY

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Warming up is a beginning activity in exercise to prepare body physiologically and psychologically to do more heavy activity and reduce flawed risk before doing exercise or competition.

Research design is "the randomized pretest- posttest control group design". The samples of this research are eighteen students of 21- 23 years old. The students are divided into two groups. Nine students are in active warming up group (G1) and nine students are in passive warming up group (G2). After warming up each group was given sub-maximal physical activity by paddling ergocycle by 80% HRmax. The measurement of blood glucose and lactic acid was done four times: Pre-test, immediately after warming up, 5 minutes and 30 minutes after sub-maximal physical activity.

The results of the blood glucose showed (mg/dL); G1: $99,66 \pm 2,73$; $96,66 \pm 2,64$; $92,55 \pm 2,18$; $89,88 \pm 3,44$. G2: $96,88 \pm 3,01$; $99,22 \pm 2,22$; $93,55 \pm 3,24$; $91,11 \pm 5,55$. The blood lactic acid (mmol/dL); G1: $2,78 \pm 0,41$; $7,41 \pm 1,41$; $8,82 \pm 1,50$; $3,40 \pm 0,49$. G2: $1,33 \pm 0,41$; $2,07 \pm 0,65$; $6,30 \pm 1,39$; $3,10 \pm 0,66$. There is no difference between

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GRADEMARK REPORT

FINAL GRADE

/100

GENERAL COMMENTS

Instructor

PAGE 1

PAGE 2

PAGE 3

PAGE 4
