



## Effect of 8 weeks high intensity interval training with taurine consumption on electrical waves of the heart of sedentary men

*Poster Presentation*

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### Abstract

**Introduction:** Recent research shows that training, its type, and intensity according to each patient's ability can actually play an important role in improving mood and helping physical recovery and can be a valuable resource for boosting patients' quality of life, both physically and mentally. The purpose of this study was to investigate the effect of eight weeks of high-intensity interval training with Taurine Consumption on electric waves of the heart in sedentary men.

**Methods:** For this purpose, 30 sedentary male subjects were divided into 3 groups: High-Intensity Interval Training, Taurine consumption, and high-intensity interval training with Taurine Consumption. Electrocardiogram indices were measured in two stages before the test and 48 hours after the test. The training program was performed 3 times a week for 8 weeks. The normality of the data was assessed using the Shapiro-Wilk test. Data analysis was performed using analysis of covariance (ANOVA) and one-way ANOVA (F-test). Also, correlated t-test was used to determine the intra-group changes of each group in the pre-test and post-test stages. Statistical analysis was performed at a significant level of  $P \leq 0.05$  using SPSS software version 23.

**Results:** The findings showed that taurine consumption with high-intensity interval training had a significant effect on P wave, QRS, and QT but did not significantly affect T and PQ waves.

**Conclusion:** Electrocardiogram parameters such as P wave, QRS wave, T wave, QT frequency, and PQ rotation are affected by many training and nutritional factors. The role of each of these factors varies depending on the gender and age of the research subjects. Therefore, further research is needed in this regard.

### Keywords

HIIT; Taurine; Electrical waves; Sedentary men

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