

HEALTH EVALUATION OF COMBINED PHYSICAL EXERCISE, TAEKWONDO-AEROBIC TRAINING AND IMPROVED FOOD

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ABSTRACT

Body water, proteins, minerals, and body fat, which are the components of the human body closely relate to the status of our health. This study is to investigate the effects of the physical activity, Taekwondo-aerobic training, and improved food levels of adolescents on their body compositions. Participants' divergent results for % fat change may be attributable to the marked fat loss coupled with changes in lean mass from the exercise and food control. Mineral mass was closely related to protein and soft lean mass. Protein and minerals increased in the 20s woman, the 30s man, and 50s man. Most participants have improved their visceral fat indices. The measuring equipment in the gym can help human to diagnose your health first. As these equations are formulated on population-specific data, they may contribute to error in body composition measurements in different populations.

Keywords: Body water, physical activity, Taekwondo-aerobic training