Effects of Aerobic Training, Resistance Training, or Both on Increasing High-density Lipoprotein Cholesterol in Obese College Students

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Abstract

Pervious studies have investigated if elevated risk of coronary artery disease (CAD) is associated with lipid profile, especially lower level of high-density lipoprotein cholesterol (HDL-C). The benefits of chronic exercise training on lipid profile has previously demonstrated, but few studies were to compared effects of different modes of exercise training on increasing HDL-C. The aim of this study was to determine which mode of exercise training had more effectiveness on increasing HDL-C in obese college students in Taiwan.

Keyword：Aerobic training, Resistance training; Combined training; High-density lipoprotein cholesterol