



Health and life-saving through a swimming intervention with Egyptian asthmatic Children.

Magdy Abouzeid,

Alexandria University, Egypt.

Abstract:

Asthma is the most common chronic disease of childhood, and the disease has been becoming more common for several decades. Asthma is a leading cause of pediatric Emergency room visits, hospital admissions, and school absenteeism. The quality of treatment and quality of life of children with asthma are focused on enabling them to experience all aspects of life with sport and swimming as an important factor. We believe that analysis of swimming performance represents an intriguing alternative model to land based exercise in several respects. First, swimming is primarily an upper body task. Second, it is performed in a different medium than land exercise (i.e., Water) and in the supine rather than the upright posture, resulting in a zero - gravity situation. Third, it is known to have enhanced its generalizability. Finally, because of its non-weight -bearing nature, swimming has a much lower rate of orthopedic injury than does land exercise. Swimming is an important life-saving skill, as usually well tolerated because of breathing of warm, humidified air, it is one of the best types of exercise that might provide health benefits for all ages, as well as patients with chronic diseases. Objective: Our programs designed and analyze the effects of swim training on health of respiratory system in children with asthma. Methods: Thirty mild asthmatic children ages (14-15 Yr.) who were divided into two groups: experimental group A (n=15) and control group B (n=15). Group A was combined with swimming lesson (16-week session on a 45min for 4 months). Control group not received specific intervention. Both groups completed pre-and post-pulmonary function test (PFTs), Forced vital capacity (fvc), expiratory and respiratory volumes (ERV, IRV), tidal volume (VT), inspiratory capacity (IC), forced expiratory volume in one second (FEV1) and the ratio of FEV1 to FVC, max voluntary ventilation (MVV) and regular treatment for asthma



Biography:

Prof. Dr. Magdy Abouzeid is Professor of sport science, physical education at the University of Alexandria University, faculty of Sports Education, Egypt. received a PhD in Physiology of swimming training from Alexandria University, Egypt. has authored over publications in sport science, sport pedagogy, and adapted physical activity, and has edited several books in the area of aquatic sport training. Also has been a visiting professor at Suwon University, South Korea. has awarded several prestigious international awards including 5th runner up of Prince Faisal Bin Abdul International Prize for Arab sports research development (Sixth session, Sport Medicine 78), Dr. Magdy has a research scholarship from the Award of the 3rd SEMS 30th China, Guangzhou. His current research interests include adaptation to exercise training, training in young athletes, aquatic sports training and its effect on functional capacity, sport for peace and development and other Paralympic research.

Publication of speakers:

1. Abouzeid Magdy left ventricular C performance in wheelchair swimmers following swim training. Echocardiology assessment. International conference on adapted sport 3 Malaga, Spain, 13-16 March 2007
2. Abouzeid Magdy. cardiac structure and function in wheelchair swimmers. ISAS world congress, Malaysia, Kuala Lumpur, 25-28 October 2007

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