

Effect of diurnal aerobic intervention on indicators of body composition of young women

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ABSTRACT

The aim of this study was to compare the effect of morning and evening movement intervention on the following indicators of body composition: ratio (extracellular mass/body cell mass [ECM/BCM]), phase angle (PA), muscle mass (MM), and percentage of total body fat mass (FM%) in university female students with neutral chronotype who perform exercise in the morning (morning group [MG], $n = 25$, or evening (evening group [EG], $n = 26$). Statistical analysis did not show significant differences between the MG and EG: ECM/BCM, MGPRE-POST -0.001 ± 0.10 vs. EGPRES-POST -0.03 ± 0.07 , $t = -1.121$, $p > 0.05$, $d = 0.16$; PA, MGPRES-POST 0.18 ± 0.29 vs. EGPRES-POST -0.28 ± 0.31 , $t = 1.201$, $p > 0.05$, $d = 0.17$; MM, MGPRES-POST 0.3 ± 1.2 vs. EGPRES-POST 0.4 ± 1.0 , $t = 0.081$, $p > 0.05$, $d = 0.01$; FM%, MGPRES-POST -0.04 ± 1.5 vs. EGPRES-POST -0.2 ± 1.3 , $t = -0.307$, $p > 0.05$, $d = 0.04$. Results did not show significant difference in effect ($p > 0.05$) of morning and evening intervention on changes in body composition in the selected population.