
PS099
Differences in aerobic capacity and spirometric parameters between athletes and nonathletes

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Aim: To investigate if there are differences in aerobic capacity and spirometric parameters between athletes and nonathletes, and also differences in these parameters between anaerobic and aerobic athletes.

Introduction: Physical fitness is defined as ability of organism to increase level of metabolic processes due to increased level of metabolic needs. Aerobic capacity is measured by maximum level of oxygen consumption (VO2max), and it can be expressed by absolute (1/min) or relative (ml/kg/min) value. Pulmonary capacity has great evaluation importance for sport and health of general population.

Methods: Number of participants was 45 males, aged 18–35 years, divided into 2 groups: athletes and nonathletes. Athletes were divided by sport type in aerobic and anaerobic group of athletes. Testing was consisted of anthropometric measuring, spirometry and measuring of aerobic capacity on ergocycle with mask, by principle of ramp test.

Results: Value of VO2max in group of athletes (55.46 ml/kg/min, p < 0.05) was significantly greater than in group of nonathletes (37.78 ml/kg/min, p < 0.05). Compared between all groups, VO2max showed significant difference in both aerobic (58.88 ml/kg/min, p < 0.05) and anaerobic (52.04 ml/kg/min, p < 0.05) athletes in relation to nonathletes (38.78 ml/kg/min, p < 0.05). Spirometric parameters (FVC, FEV1) were significantly greater in group of nonathletes (5.481 L, 4.635 L, p < 0.05) than in group of athletes (4.874 L, 4.635 L, p < 0.05). Compared between all groups, we found significant difference in FVC between group of nonathletes (5.481 L, p < 0.05) and anaerobic athletes (4.807 L, p < 0.05), and in Tiffeneau index between group of anaerobic athletes (97.29%, p < 0.05) and nonathletes (90.82%, p < 0.05).

Conclusion: Values of anthropometric parameters are greater in group of nonathletes. Differences in body weight and body mass caused greater values of FVC and FEVI in group of nonathletes. Values of aerobic capacity are increasing with training. The greatest values of aerobic capacity are shown by aerobic athletes.

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References

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PS070
The assessment of body composition, energy demands and muscle strength in people on different dietary regimes

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Aim: The aim of this study was to determine whether there are any differences in body composition, energy demands and muscle strength between people on different dietary patterns.

Introduction: There are numerous types of diets: vegan, vegetarian, and non-vegetarian. Considering the dietary pattern, the assessment of the body composition and determining the resting metabolic rate are a major challenge for many researchers. Regarding the muscle strength of physically inactive participants related to dietary patterns, there is no current data in literature.

Methods: The study was conducted at the Department of Physiology, Faculty of Medicine University of Novi Sad from November 2016 to February 2017. The study included 45 healthy, physically inactive randomly selected respondents (15 vegans, 15 vegetarians, 15 on a mixed diet) aged 20–30 years. All respondents practiced their dietary regime for at least 6 months before research. Firstly, the anthropometric measurements were done, and later the body composition was assessed using bioelectrical impedance and by measuring skin folds. The resting metabolic rate was estimated using the indirect calorimetric method. The muscle strength was determined using the isocelerating dynamometer.

Results: The values of body mass index (BMI) between the group on a mixed diet (23.9 ± 2.95 kg/m²) and vegans (20.8 ± 2.58 kg/m²) showed a statistically significant difference (p < 0.05). The BMI (21.3 ± 2.63 kg/m²) for vegetarians did no differ from the other groups. Statistically significant differences between groups in other parameters of body composition, resting metabolic rate and muscle strength were not found. A negative correlation was observed between total body fat, resting metabolic rate and muscle strength in all groups.

Conclusion: Diet differences between tested groups affected only the value of BMI between vegans and non-vegetarians. The impacts of different diets on other parameters of body composition,
Titin phosphorylation by protein kinase G as a novel mechanism of diastolic adaptation to acute load

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Aim: To evaluate acute adaptations of myocardial stiffness to acute stretch and characterize the underlying mechanisms.

Introduction: Systolic adaption to myocardial stretch/volume overload is known, but whether the heart is also able to modulate its stiffness following such challenges remains unknown.

Methods: Left ventricle (LV) of intact rat Langendorff hearts, rabbit papillary muscles and myocardial strips from cardiac surgery patients were acutely stretched. Skinned cardiomyocytes from Stretched and Non-stretched myocardium were studied. Stretch by increased venous return or volume loading was assessed by echocardiography in healthy volunteers; pressure-volume dynamics in cardiac surgery patients and in a rat model of LV hypertrophy. Myocardial cGMP, phosphorylated vasodilator-stimulated phosphoprotein (VASP) and titin phosphorylation were quantified. Pharmacological studies assessed the role of NO and natriuretic peptides (NP).

Results: After stretch, end-diastolic pressure (EDP) or passive tension (PT) decreased over 15 min in all preparations. Skinned cardiomyocytes from Stretched hearts showed decreased PT – abrogated by protein phosphatase incubation – those from Non-stretched hearts showed decreased PT after protein kinase (PKG) incubation. Stretched samples showed increased cGMP levels and phosphorylation of VASP. Titin phosphorylation was increased in Stretched samples – attenuated by PKG inhibition (PKGi). PT decay after stretch was blunted by PKGi or by joint NP antagonism, NO synthase inhibition and NO scavenging. Moreover, it was remarkably attenuated in hypertrophic rat hearts which showed reduced titin phosphorylation and no increase with stretch. Healthy volunteers and cardiac surgery patients showed E/E' and EDP decrease after sustained stretch maneuvers, respectively.

Conclusion: We describe a novel physiological mechanism whereby myocardial compliance is increased in response to stretch/volume overload, by titin phosphorylation through cGMP-PKG signaling. The mechanism was translated to human physiology and may be abolished in the hypertrophic heart (potential role in the pathophysiology of heart failure with preserved ejection fraction).