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Dear Dr. Iyakrus ,

We have received the submission of your file:

Abstract ID:

ABS-87

Title:

EFFECT OF AEROBIC AND ANAEROBIC PHYSICAL EXERCISES TO BRAIN DERIVED NEUROTHROPIC FACTOR (BDNF) PLASMA LEVELS ON MICE (MUS MUSCULUS)

Authors:

Dr. Iyakrus, M.Kes , Dr. Rostika Flora, S.Kep, M.Kes. AIFO , Januar Ikhsan

Type:

presentation\_slide

Topic:

Strength and Conditioning

Presenter:

Iyakrus

Thank you very much.

Ke

[iyakrusanas@yahoo.com](mailto:iyakrusanas@yahoo.com)

Jun 7 pada 9:22 AM

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Authors:

Dr. Iyakrus, M.Kes , Dr. Rostika Flora, S.Kep, M.Kes. AIFO , Januar Ikhsan

Institutions:

Sriwijaya University

Content:

The purpose of this study was to determine the effect of aerobic and anaerobic physical exercise on BDNF Plasma levels in mice (Mus musculus) treated with aerobic and anaerobic physical exercise with different frequency for 1 week. The design used in this research is Post Test Control Group Design. Subjects used in this study were Mice (Mus musculus), aged 6-8 weeks weighing 20-28 grams amounted to 28 mice divided into 6 treatment groups and 1 control group. Data were taken by doing anaerobic physical exercise at a rate of 35 meters per minute for 20 minutes and aerobic physical exercise at 20 meters per minute for 30 minutes. One way Anova test result showed that there was a high increase in BDNF level of aerobic exercise group 1 times and 3 times a week compared with aerobic exercise group 7 times a week and control group (One way Anova statistical test contained  $p = 0,003$ ). Furthermore, there was a high increase in BDNF levels of anaerobic physical exercise group 1 times and 3 times a week compared with anaerobic exercise group 7 times a week and control group (One way Anova statistical test contained  $p = 0,008$ ). However, BDNF levels of anaerobic groups are lower than in the aerobic group. The conclusions of this study showed that physical exercise resulted in increased levels of BDNF.

Keywords:

Aerobic and anaerobic physical exercise, frequency, BDNF, neurogenesis

Topic:

Strength and Conditioning

Presenter:

Iyakrus

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Jun 7 pada 9:21 AM

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Dear Dr. Iyakrus ,

We have received the submission of your abstract:

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ABS-86

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Authors:

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Institutions:

Sriwijaya University

Content:

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Keywords:

Aerobic and anaerobic physical exercise, frequency, BDNF, neurogenesis

Topic:  
Strength and Conditioning

Presenter:  
lyakrus

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[iyakrusanas@yahoo.com](mailto:iyakrusanas@yahoo.com)

Jun 7 pada 9:10 AM

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Dear Dr. lyakrus ,

Your profile has been updated as follows,

Name:  
Dr. lyakrus

Institution:  
Sriwijaya University

Postal address:  
Garuda Putra III blok i no 13

Palembang

Indonesia

Phone:

081373292525

Fax:

Email:

iyakrusanas@yahoo.com

Info:

Thank you.

Best regards,

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[iyakrusanas@yahoo.com](mailto:iyakrusanas@yahoo.com)

Jun 7 pada 9:08 AM

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Dear Dr. Iyakrus Iyakrus,

User ID: USER-229

Login Code: kz881045

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[iyakrusanas@yahoo.com](mailto:iyakrusanas@yahoo.com)

Jun 7 pada 9:06 AM

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Dear Dr. Iyakrus Iyakrus,

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[iyakrusanas@yahoo.com](mailto:iyakrusanas@yahoo.com)

Jun 7 pada 9:05 AM

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