The Effects of an Aerobics Versus Body Awareness Exercise Training Program on the Health Related Quality of Life and Selected Fitness Measures in Breast Cancer Survivors

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THE EFFECTS OF AN AEROBICS VERSUS BODY AWARENESS EXERCISE TRAINING PROGRAM ON THE HEALTH RELATED QUALITY OF LIFE AND SELECTED FITNESS MEASURES IN BREAST CANCER SURVIVORS

A Thesis
Submitted to the School of Graduate Studies and Research
in Partial Fulfillment of the
Requirements for the Degree
Masters of Science

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August 2012
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Breast cancer affects many women each year and research has shown that exercise can enhance the physical and psychological quality of life in these women. This study compared the quality of life and fitness measures of breast cancer survivors in a 10-week aerobic (AE) versus a body awareness (BA) training program. Ten sedentary female breast cancer survivors currently undergoing treatment or up to 18 months post treatment participated. The results indicated that the aerobics group improved more in flexibility (21%), cardiovascular fitness (8%), quality of life, resting heart rate, and girth measurements. The body awareness group improved more in the body fat and body weight. Both groups decreased their resting diastolic and systolic blood pressure (BA 6.9%, AE=4.3%, BA=4.6%, AE=.1%) respectively. These results indicate that body awareness and aerobics training can improve the quality of life and physical fitness of breast cancer survivors.