

The Impact of the Pickleball Training on Maximum Oxygen Consumption (VO₂max) Among Young Adults

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ABSTRACT:

Pickleball is a fast-growing sport worldwide. Thousands of people are drawn to this beautiful sport daily, and for this reason, it is necessary to conduct necessary research on the impact of this sport on physiological factors. The aim of this research is to investigate maximum oxygen consumption after a period of pickleball training. 10 amateur pickleball players, aged 20 to 30, with a body mass index of 25 to 30 and moderate activity levels participated in this study. The maximum oxygen consumption of these players during two stages, before and after a training period, was measured. The Metalyzer device was used with a treadmill based on the Bruce protocol to measure maximum oxygen uptake. The training program consisted of three sessions per week for three months, with each session lasting 60 minutes, including warm-up, playing, and cooldown. Maximum oxygen consumption before and after this research period was evaluated. One-way ANOVA was applied for statistical analysis. The results of this research showed that the average oxygen consumption (VO₂max) increased from 37.5 ml/kg/min to 40.3 ml/kg/min. The results of this research demonstrate the positive effect of a period of pickleball training on maximum oxygen consumption. This research proves that Pickleball can also have a positive effect on the cardiovascular health aspect of players. Further investigation is needed to evaluate other relevant factors.

KEYWORDS: Pickleball, VO₂max, Oxygen, Endurance, Fitness

Reference:

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