

## **Aerobic capacity as a protective factor for hypertension in Bogota's soccer players**

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### **Background:**

In Colombia between 1998-2011 the 23.5% of deaths that were reported were from CardioVascular Disease (CVD), 12.4% were caused by hypertensive disease; well now physical activity has been reported as a protective factor for CVD and Hypertension (HT), those people who perform high levels of physical activity have a relative decrease in developing HT by 19%, however what happens when this physical activity takes place with a duration greater than 4 hours a day, with moderate and high intensities, becoming a sports practice, the same benefits or opposite effects would be had, so the objective of the study was to determine the relationship between aerobic capacity and blood pressure in soccer players in the city of Bogotá.

### **Methods:**

Quantitative cross-sectional research; blood pressure of 64 players and the aerobic capacity was assessed using the Legger test (VO2 Max).

**Results:**

It was evidenced that 4.6% of the players have hypotension, 50.8% normotension, 30.8% prehypertension and 12.3% stage I hypertension; As regards for VO2 max, 7.7% had an excellent capacity, 73.8% good and 12.3% favorable, there was no relationship between the variables.

**Conclusions:**

Soccer players, although they have good levels of VO2 max, they do not present a decrease in blood pressure data, being mostly within a normal range.

**Key messages:**

- Although physical activity is a protective factor for HT.
- Soccer training does not show a decrease in blood pressure, possibly could be a risk factor for HT and CVD.