

Original Research Article

**COMPARATIVE STUDY OF
CARDIOPULMONARY FUNCTIONS IN
TRAINED MALE ATHLETES AND
SINGERS**

ABSTRACT

Objectives. Studies have shown that both physical exercise and singing have beneficial medical effects on the cardiopulmonary functions of humans in health and disease conditions, but it is not yet known whether physical exercise or singing is more effective in producing these benefits. The aim of this study was to investigate if there is difference between the cardiopulmonary functions in trained male athletes and singers.

Comment [u1]:

Study Design. A total of 20 male human subjects, consisting of 10 trained athletes and 10 trained singers, participated in this study. The ages of the subjects ranged from 20 to 35 years. The trained athletes were individuals who have been engaging in physical exercise under the supervision of a trainer not less than 3 times in a week for 5 years or more. While the trained singers were individuals who are members of singing groups and have been singing at least 3 times in a week in the last 5 years or more.

Methods. Each subject was allowed to rest for about 15minutes in order to allow cardiorespiratory parameters return to basal resting levels. Thereafter, pressor, cardiac and pulmonary function parameters of each subject were measured.

Comment [u2]: What does this mean? To rest from where/what?

Results. Results showed that QRS amplitude and PR interval were higher ($P < 0.02$ and $P < 0.001$ respectively) in trained athletes, while T-wave amplitude was significantly higher ($P < 0.001$) in trained singers. FEV₁ was higher ($P < 0.05$) in trained athletes. Also, there was notable difference ($P < 0.001$) in the FEV₁% of trained athletes and trained singers.

Conclusion. The results of this study suggest that there is no significant difference in the cardiovascular functions of trained male athletes and singers, but the effects of physical exercise could be more beneficial than that of singing on the pulmonary function.

Keywords: Physical Exercise, Singing, Blood Pressure, Electrocardiogram, Forced Expiratory Volume, Forced Vital Capacity. |

Comment [u3]: Arrange alphabetically

INTRODUCTION

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness [1]. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and also enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent "diseases of affluence" such as cardiovascular disease, type 2 diabetes, and obesity [2,3]. It may also help prevent stress and depression, increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem [4].

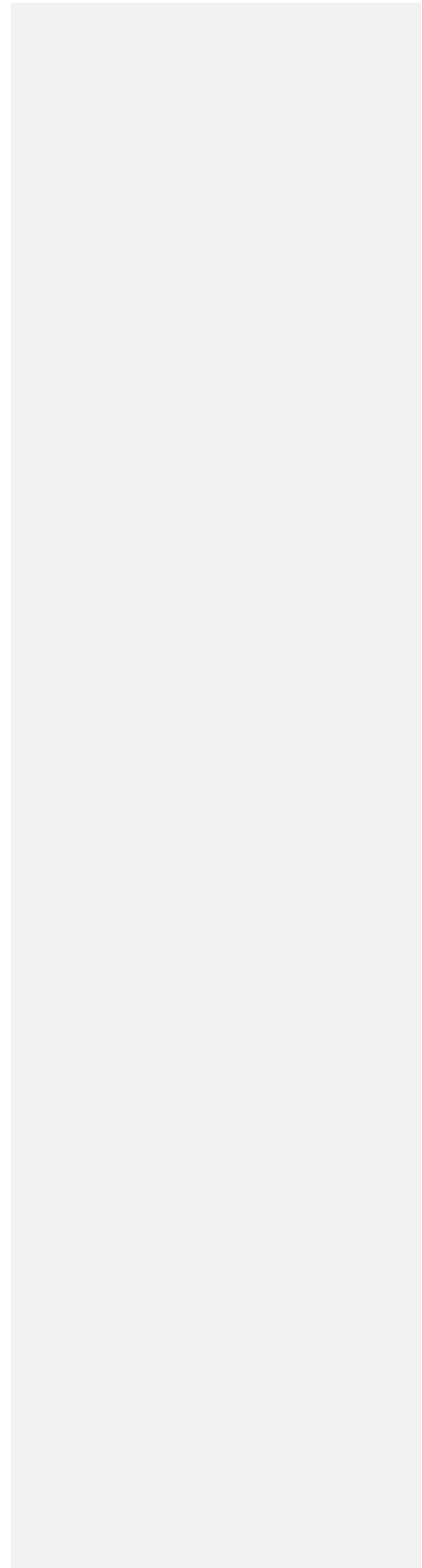
According to the work of Taweesak *et al.* [5], an 8-week resistance exercise program was shown to improve all pulmonary function parameters in young sedentary subjects. Also, in the works of Spruit *et al.* [6] and Abrahin *et al.* [7], a 12-week resistance exercise improved lung functions in patients with chronic obstructive pulmonary disease (COPD) and elderly women, respectively. Exercise training has been shown to improve respiratory capacity, airway resistance, exercise tolerance, and work of breathing [8].

In the work of Skinner *et al.* [9], regular aerobic training induces significant adaptations both at resting and during maximum exercise in a variety of dimensional and functional capacities related to the cardiovascular and respiratory regulation system, enhancing the delivery of oxygen into active muscles, these changes include decreases in heart rate, enhanced stroke volume and cardiac output [10]. Also, Joyner and Tschakovsky, [11] explained the reduction of heart rate, systolic and diastolic blood pressure after aerobic training to be due to Nitric oxide that seems to be an important and potent endothelium-derived relaxing factor that facilitates blood vessel dilatation and decreases vascular resistance.

Hepple, [12] reported that peripheral vascular adaptation, which includes enhanced perfusion and flow capacity, has been observed after regular aerobic training. Total leg blood flow during strenuous exercise increases in parallel with a rise in maximal aerobic power. In addition, the arteriovenous oxygen difference in muscle increases after aerobic training. These adaptations

Comment [u4]: You can't prevent aging.....

may arise from structural modifications of the vasculature and alterations in the control of vascular tone. An increase in the capillary density of muscle has also been



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shown after training. Both capillary density and blood flow increase in proportion to the rise in maximal aerobic power during long-term aerobic training interventions which may have a strong role in decreasing the heart rate and blood pressure.

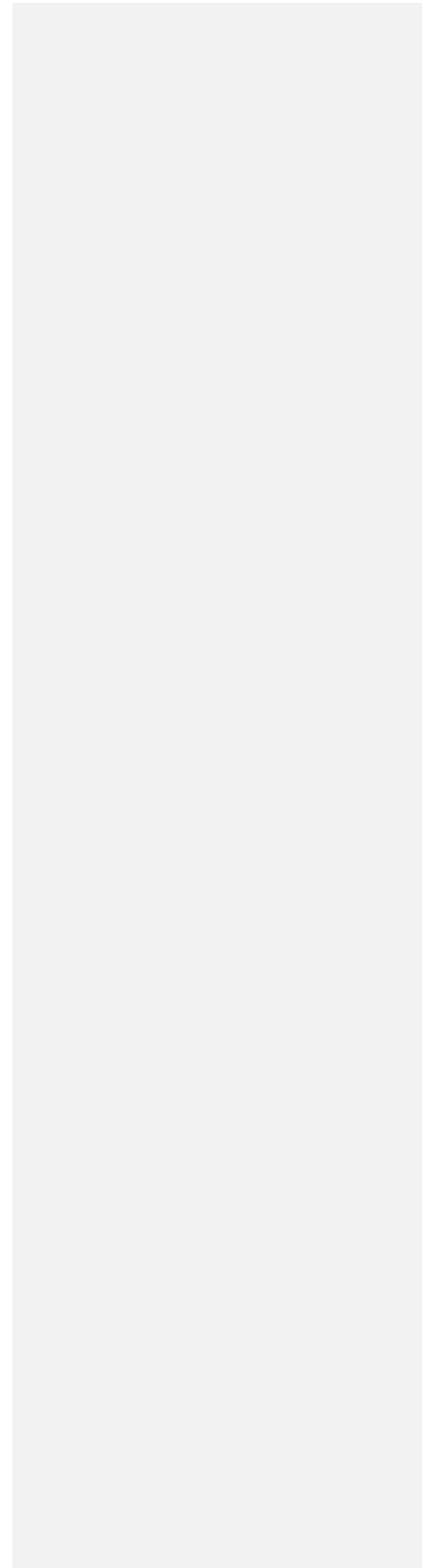
Singing, the act of producing musical sounds with the voice, is so basic to human beings that its origins are lost in antiquity, and predate the spoken language. It is well known that respiration has a key role in generating the voice, and it is an essential factor for singing as well [13,14]. In its physical aspect, singing has a well-defined technique that depends on the use of the lungs, which act as an air supply, or bellows; on the larynx, which acts as a reed or vibrator; on the chest and head cavities, which have the function of an amplifier, as the tube in a wind instrument; and on the tongue, which together with the palate, teeth, and lips articulate and impose consonants and vowels on the amplified sound. Though these four mechanisms function independently, they are nevertheless coordinated in the establishment of a vocal technique and are made to interact upon one another [15]. During passive breathing, air is inhaled with the diaphragm while exhalation occurs without any effort. Exhalation may be aided by the abdominal, internal intercostal and lower pelvis/pelvic muscles. Inhalation is aided by use of external intercostals, scalenes and sternocleidomastoid muscles. The pitch is altered with the vocal cords. With the lips closed, this is called humming

The act of singing involves relatively strong and fast inspirations, followed by extended, regulated expirations. Singing requires breathing to be regulated in order to sustain the notes. It also results in a higher vocal intensity [16] and vocal control [17] than does speaking. Moreover, it has been suggested that singing increases respiratory muscle strength [18].

Research has shown that intensive singing practice can lead to long-lasting changes in both the cardiovascular and pulmonary systems. Grape *et al.* [19] found out that professional singers have better cardio-physiological fitness, compared to amateur singers, thus providing evidence for the potential long-term health benefits of singing.

In the work of Sabol *et al.* [20], the primary physiological effects observed were: higher phonation volumes and maximum phonation times, as well as a reduction in airflow. These

findings were taken to reflect improved coordination of laryngeal function and vocal fold vibration.



Singing, therefore, requires the presence of an accurate control of breathing. In addition, people who sing are practicing a particular type of respiratory exercise that repeatedly demands diaphragm contractions for full inspirations, followed by sustained contractions of expiratory muscles against semi-closed vocal cords during expirations [21,22]. This training involving breathing control and respiratory muscle exertion has the potential of interfering with the pulmonary function of COPD patients.

MATERIALS AND METHODS

Participants: A total of 20 male human subjects, consisting of 10 trained athletes and 10 trained singers, voluntarily participated in this study. The ages of the subjects ranged from 20 to 35 years. The subjects were informed of the organization and details of the study and signed a consent form. A questionnaire containing health information was given to all subjects for proper screening. Thereafter, the completed questionnaire was retrieved from the proposed participants and properly vetted to determine those who meets the criteria.

Inclusion Criteria: The subjects were grouped as follows:

Group 1: This group consist of 10 male subjects who are trained athletes. Subjects in this group were individuals who have been engaging in physical exercise under the supervision of a trainer not less than 3 times in a week for 5 years or more. Also, they were individuals who are not trained singers.

Group 2: This group consist of 10 male subjects who are trained singers. Subjects in this group were individuals who are members of singing groups and have been singing 3 times in a week in the last 5 years or more. They were also individuals who are not trained athletes.

All subjects were apparently healthy individuals and non-smokers.

EXPERIMENTAL PROTOCOL

The experiment was carried out in the Human Physiology Laboratory, College of Medical Sciences, Abubakar Tafawa Balewa University, Bauchi. The experiment was carried out at room temperature. Each subject was allowed to rest for about 15minutes in order to acclimatize to the room environment, and also allow cardiovascular and respiratory parameters to return to basal resting levels.

Comment [u5]: Should mention clearly the problem statement why need to compare trained athletes and singer in the last paragraph. Any previous study on the effects of singing on the parameters being measured.

What were dsicussed here most effects were not comparable.

Should have what has been done or not hass been done with regards to parameters being measured, for comparing and contrasting trained athletes and singers.

What is the objective, significance and hypothesis of this study?

Comment [u6]: If you use this term, meaning that they are involved in sports activities. Need to mention types of athletes, the dosage of their training in terms of duration (in minutes, intensity, frequency and types of training) - these may also confound their parameters being measured.

Anthropometric Measurements: Heights (in meters) of the subjects was measured using an inflexible measuring bar, and values recorded to the nearest 0.05m. Also, body weights (in kilogram) was measured using a digital weighing scale.

Body mass index (BMI) was calculated by dividing the body weight by the square of the height.

Comment [u7]: Please state the unit of measurement.

Measurement of Blood Pressure: Blood pressures was obtained by auscultatory technique using a mercury sphygmomanometer following the principle described by Beevers *et al.* [23] The Pulse Pressure was calculated by finding the difference between the systolic and diastolic blood pressures.

Mean arterial blood pressure (MABP) = one-third of pulse pressure + diastolic blood pressure [24].

Measurement of Electrocardiographic Parameters: A 12-lead, 10 electrodes electrocardiographic (ECG) machine was used for this study. The electrodes shall be positioned as recommended by the American Heart Association [25]. A paper speed of 25mm s^{-1} was used throughout the recording. The machine was standardized at each tracing to show a pen deflection of 10mmV^{-1} . All ECG parameters were measured from the recording on ECG paper.

To determine heart rate, the R-R distance measured from the ECG reading was inputted into the formula:

$25\text{mm/sec} \times 60 \text{ beats/minute}$
R-R interval (mm) [24].

Where: R-R is the distance between two successive R peaks, 25mm/sec is the calibration of the ECG machine.

The rate pressure product (RPP) was measured using the formula: systolic blood pressure (mmHg) $\times$ heart rate (beats/min) [26], to determine the rate of myocardial oxygen consumption.

Measurement of Pulmonary Function Parameters: The following pulmonary function parameters were recorded from the readings on the vitalograph following the principle of Kreider, [27]:

Forced Expiratory Volume in one second (FEV₁); Forced Vital Capacity (FVC); FEV₁/FVC Ratio.

DATA AND STATISTICAL ANALYSIS

Comment [u8]: Describe briefly how the procedure was performed, and for the rest, where it involves procedures. Step by step.

All parameters were measured in trained athletes and trained singers, values obtained were summarized and statistically analysed using SPSS version 23. Comparisons were carried out between both group using non-independent t-test. Results were presented as Mean $\pm$ SEM (standard error of mean). P-value of less than 0.05 ($P < 0.05$) was considered significant.

Results - indicate the significant findings with asteriks (*) in the table.

Discussion and Conclusion.

State/ discuss the limitation in the study.

Are they comparable, without knowing the types of training the athletes were undergoing.

Discuss why some of the measured parameters were not significant, giving critical reasonings.

The introduction can be shortened, most of the facts are well known and established, so what is unique between them, what has not been known yet.