



**“Gheorghe Asachi” Technical University of Iasi, Romania**



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## **THE INFLUENCE OF NITRIC OXIDES OVER INTENSE AEROBIC PHYSICAL ACTIVITIES**

**Ioana Maria Buțu<sup>1\*</sup>, Ionel Constantinescu<sup>2</sup>, Mihai Buțu<sup>2</sup>**

<sup>1</sup>*Spiru Haret University, Faculty of Physical Education and Sport, 24 Soseaua Berceni, Bucharest, Romania*  
<sup>2</sup>*Politehnica University of Bucharest, Faculty of Materials Science and Engineering, 313 Splaiul Independentei, 060042 Bucharest, Romania*

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### **Abstract**

High development of urban areas, cohabitation of a large number of populations, as well as industrial enterprise development, reduce the quality of environmental factors. Air quality data in Bucharest was analyzed to establish the evolution of nitrogen oxide concentration for a period of 24 hours during the week and for a longer period of time, i.e. 2006 – 2007, respectively. For a healthier life, in order to increase the population health degree, in the last time we underline the mentality change as well as training for physical activities of a large number of people. Thus we can observe two main stream mass sports and also the planning of the activities for preparation in the performance sport, in correlation with environmental factor. This paper shows the effects of applying a workout plan in which the evolution of nitric oxides concentrations are taken in account during different hours of the day and different days in the week. Scheduling intensely aerobic physical activities during hours when the nitric oxides concentrations are lower has led to better results in the competition for the athletes participants to the experiment.

*Key words:* children, nitric oxides, parameters, population health, training program

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\* Author to whom all correspondence should be addressed: e-mail: [mi2oana@yahoo.com](mailto:mi2oana@yahoo.com); Phone: +40724556035