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The effect of Aerezumba exercises on some components of health fitness and body image disturbance in obese women

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Abstract

The purpose of this paper is to preparing Aerezumba exercises that are compatible with the research sample, and identifying the effect of prepared Aerezumba exercises on some components of healthy fitness in obese women. As well as identifying the effect of prepared Aerezumba exercises on body image disorder in obese women. The research sample was selected using the non-probability method using the cross-sectional sample method. The sample was selected from women aged (25-35) years who attend the fitness hall (Alaa Jam) with 12 trainees. The statistical package (SPSS) was used to extract the results. The researcher concluded that Aerezumba exercises had a positive effect on the variables of body mass, body mass index, body composition (fat component) and body circumferences in the research sample. Aerezumba exercises also had a positive effect on some components of healthy fitness (arm muscle strength, leg muscle strength, and muscle endurance) in the research sample. Aerezumba exercises also had a positive effect on (body image disorder scale) in the research sample. Therefore, the researcher recommends, based on the results extracted from the study, using Aerezumba exercises in fitness centers to obtain quick results and reach the appropriate weight. The researcher also recommends the need to monitor body weight continuously to avoid sudden increase, and to control it continuously. In addition, to work on educating society about the correct ways to lose weight in a healthy way and to stay away from the wrong ways to lose weight.

Keywords: Aerezumba exercises, obese women, disturbance, lose weight, health fitness

Introduction

Achieving the ideal body is an important feature in our society as it indicates control over desires, delaying their satisfaction, and caring about a person's appearance, health, and personal qualities, which are important matters because some people have unattractive bodies. One of the reasons for this is the lack of exercise and reliance on machines to get rid of daily tasks, which leads to increased obesity in different age groups, as women in particular are exposed to the accumulation of fat in the body and sagging muscles, especially in the buttocks and abdomen, which negatively affects the psychological state of women, making them feel some depression, nervousness, isolation, shyness, self-neglect, despair, social anxiety, lack of self-confidence and distortion of the body image of obese women and other psychological symptoms, in addition to the shyness that accompanies them in all areas of life, because a woman's possession of an unattractive body clearly shows others that she is weak-willed, lazy in behavior, and with the presence of these cultural values, it is logical to believe that society will respond negatively to those who fail to lose weight and maintain the ideal body appearance, and most of these women then suffer from the judgment or view of others on the social and psychological level, which prompted psychologists to engage in many studies in this field, due to obese women feeling that their appearance has deteriorated due to obesity, which leads to repeated frustration about their inability to lose weight and maintain it, so Obesity, especially in women, may affect their body image.

Therefore, one of the most prominent phenomena in our current era is that modern technology has led to women practicing less sports and physical activities, in addition to their dependence on modern machines, which has led to a decrease in their physical efficiency and an increase in obesity, especially in their thirties when women do not practice physical activities.

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As for physical activity practices, they can maintain maximum physical efficiency even after the age of forty, so our era can be called the "age of inactivity". Modern inventions such as cars, televisions, electric elevators, etc. are nothing but means that people rely on completely, so they become lazy and inactive.

There are other factors that push people who suffer from obesity to eat large amounts of food in light of negative feelings such as anxiety and depression, and food intake increases when a person's self-image is threatened and when there is dissatisfaction with his body resulting from obesity, and finally when these individuals are exposed to comments indicating their weight gain, they generate more negative feelings and their food consumption increases. Many people believe that the only way to treat obesity is through medication, in addition to surgery and the body's resistance to obesity, along with a moderate diet. However, many studies indicate the importance of incorporating regular and organized physical exercise as a preventive measure against obesity. This is supported by abundant scientific evidence demonstrating the preventive and therapeutic effects of physical activity. Therefore, the use of physical exercise has proven to be highly effective in preventing obesity and weight gain.

The past few years have witnessed widespread popularity of aerobic exercises and Arozumba exercises are a new training method that combines the advantages of aerobics and Zumba through ascending and descending the intensity during a single training unit and can be used for different groups and ages, it has a good positive effect in weight loss programs and improving muscle and joint performance and increasing the efficiency of the circulatory and respiratory system, and because it is aerobic exercises, it helps to raise the level of endorphins in the blood naturally without taking medications, leaving a good psychological effect and a sense of happiness on practitioners, making it a popular choice for people of all ages and genders. Its special appeal lies in the fact that it can be practiced without the need for large spaces or expensive equipment. From children to adults, everyone can benefit from the pleasure of practicing these exercises, which are usually accompanied by music. As a result, the researcher in the field of physical fitness, as a fitness teacher and physical trainer, relied on it, and the importance of her study lies in the purpose of identifying the effect of Arozumba exercises on some components of healthy fitness and body image disorder for obese women.

Research problem

Obesity is a very important psychological and social health problem in the life of the individual and society. What increases its seriousness is that it targets the body image and affects the growth and development of the personality, while the individual has negative or positive attitudes towards his body. These attitudes may facilitate or hinder a person's interactions with himself and with others. The body image also includes perceptions of the shape and size of the body. Therefore, negative concepts are often due to a distorted body image, which we clearly see in people who suffer from obesity. In contrast, positive perceptions of body image are accompanied by a feeling of self-satisfaction and a high level of respect for it. Obesity has been recognized as a disease by the World Health Organization, and its causes are many, varied, and intertwined, causing many physical problems at the level of vital functions such as diabetes,

high blood cholesterol, and others, in addition to serious psychological complications resulting from the imbalance it causes at the level of physical perception, which inevitably and directly affects the psychological aspect, especially if the woman is the primary target, and she is the most concerned with her body image, and is always focusing on weight, fitness, and beauty. Therefore, the researcher decided to delve into this problem as she is a women's trainer and knows the bad feelings that accompany them as a result of obesity and because she knows that when a woman starts practicing physical exercises in fitness halls or at home, she usually gets bored due to repeating the same usual exercises and does not want to practice them because they do not attract her strongly, while if she practices various and different exercises to a musical rhythm, this increases her desire to practice something enjoyable that improves her physical fitness in addition to improving her physical image of herself. Hence, the problem of the research came in finding solutions to this problem by applying a set of prepared Arozumba exercises and knowing their effect on some components of healthy fitness and body image in women suffering from obesity.

Research objective

- Preparing Arozumba exercises that are compatible with the research sample.
- Identifying the effect of prepared Arozumba exercises on some components of health fitness in obese women.
- Identifying the effect of prepared Arozumba exercises on body image disorder in obese women.

Research hypotheses

- There are statistically significant differences between the results of pre-and post-tests in some components of health fitness in obese women.
- There are statistically significant differences between the results of pre-and post-tests in body image disorder in obese women.

Research fields

- **Human field:** Female trainees aged (25-35 years), with (12) trainees
- **Time field:** (22/4/2022) to (22/4/2024)
- **Spatial field:** Alaa Gym Fitness Center located in Al-Karada / 62nd Street / Baghdad.

Definition of terms

Aero Zumba exercises: It is a new training method that combines the advantages of aerobics and Zumba methods through ascending and descending the intensity during a single training unit. (Reem Nihal Saheb, 2015, p. 28) ^[5].

Research methodology and field procedures

Research Methodology

The experimental method was used with a single-group design with pre-and post-test due to its suitability and the nature of the research problem.

Community and sample research

The research sample was selected using the non-probability method using the accidental sampling method, sometimes called the convenient sample (Convenience Sampling), which depends on the researcher choosing the sample that is easy to obtain. (Mohamed Hassan Alawi, Osama Kamel

Rateb, 1999, 147) ^[10]. The sample was selected from women aged 25-35 years who attend Alaa Gym for fitness (a women's gym where the researcher works as a trainer) and aged (25-35) years and their number was (12) trainees.

Sample homogeneity

The sample was homogeneous among themselves in the variables of height, weight and age.

Table 1: Shows the homogeneity of the sample in the variables of height, age and body mass

Variables	Measuring unit	Mean	Std. Deviations	Median	Skewness
Length	Cm	159.500	3.825	159.000	0.146
Age	Year	28.416	2.968	28.000	0.688
Mass	Kg	77.250	6.210	78.500	0.113

Tools, methods and devices used in the research

1. Arabic and foreign sources and references.
2. Individual form for collecting information.
3. Italian-made ristometer to measure body mass and height.
4. Italian-made caliper to measure the thickness of the fatty folds.
5. Measuring tape. Unit of measurement (centimeter and its parts).
6. Chinese-made voice system.
7. Questionnaire to measure body image disorder.
8. Sponge mat.
9. Chinese-made stopwatch.

Measurements and tests used in the research: The research measurements included the following:

Body Mass Index (BMI): This method is one of the easiest methods to infer the percentage of obesity in the body and the following equation is used in it: (Mohamed Adel Rushdi, 1997, p. 138) ^[11].

Body Mass Index = (Body Mass (kg) / (Length (m) Square)

Table 2 shows the classification of the body mass index (Vivian H. Heyward, 2004, P76) ^[17].

Table 2: shows Body Mass Index Classification

Classification	(BMI)
Underweight	Less than 18.5
Normal weight	18.5-24.9
Overweight	25-29.9
Type I obesity	30-34.9
Type II obesity	35-39.9
Type III obesity	More than 40

Type III obesity more than 40

1. The adipose component (fatty folds)

They are: (Wadih Yassin Al-Takriti, Yassin Taha Al-Hajjar, 1986, pp. 329-337) ^[14].

- Fatty folds in the shoulder blade.
- Fatty folds in the biceps brachii muscle.
- Fatty folds in the triceps brachii muscle.
- Fatty folds in the waist.
- Fatty folds in the abdomen.
- Fatty folds in the thigh.

2. Body circumferences: The measurement of the body circumferences was taken from the anatomical points agreed upon by scientists, using a measuring tape and (cm) was taken as a unit of measurement. The measurements were taken in the following areas: (Ahmed Mohamed Khater, Ali Fahmy Al-Baik, 1984, pp. 91-103) ^[2].

- Arm circumference.
- Waist circumference.
- Hip circumference.
- Thigh circumference.

3. Tests used in the research

- Strength test for leg muscles (half-bend from standing position 30 seconds). (Ali Salman Abdul-Tarfi, 2013, p. 129) ^[6].
- Strength test for arm muscles (bending arms from prone position 30 seconds). (Ali Saloum Jawad Al-Hakim, 2004, p. 114) ^[7].
- Muscle endurance test (sitting up from lying down with knees bent 30 seconds). (Hazza bin Mohamed Al-Hazza and others, 2001, p. 44) ^[13].

4. Body image disorder scale: Body image disorder scale prepared by Magdy Muhammad Al-Dasouki (2004). (Magdy Mohamed Al-Dessouki, 2006, pp. 222-228) ^[9].

- **Scale objective:** The scale aims to measure the degree of body image disorder in females by measuring dissatisfaction with physical appearance or preoccupation with physical appearance through the image that the individual forms in his mind of the size, shape and composition of the body in addition to the feelings related to this image.
- **Scale description:** The scale consists of (34) items or phrases, so that the examinees answer each item of the scale according to five alternatives: Always, often, sometimes, rarely, never.
- **Scale correction:** These responses were assigned graded weights as follows: Always (4), often (3), sometimes (2), rarely (1), never (zero), and algebraic addition is used to calculate the total score that the examinee obtains on the scale, noting that the phrases that carry the numbers (25, 24, 22, 19, 13, 11, 6) are corrected in the opposite direction, and the high score on the scale indicates satisfaction with the body image and the low score indicates dissatisfaction with the body image.

Exploratory experiment

It was conducted on a sample of (2) women outside the research sample and from the same community to determine the validity of these tests. The tests were applied on Thursday, 22/2/2024 at 5 pm.

The aim was as follows:

- Identify the time taken to perform the tests.
- Identify the ease and difficulty of the tests on the laboratories.
- Identify the accuracy of the measurement tools used.
- Identify the correct method of performance by the assistant team.
- Identify any difficulties that the researcher may face during the application.

Pre-tests

They were conducted on Sunday, 25/2/2024, on the main research sample at 5 pm and included body measurements-physical tests-body image disorder scale.

Main experiment

The researcher relied on scientific sources and personal experience in preparing and designing the training units. These units included Aerozumba exercises. These exercises and movements were prepared to suit the age of the sample.

The researcher took into account the following principles in applying the units:

- The researcher began applying the training units on Tuesday (27/2/2024) at five o'clock in the afternoon. The last training unit was on Sunday (21/4/2024) at five o'clock in the afternoon.
- The duration of applying the training units took 8 weeks, at a rate of 3 training units per week for the days (Sunday, Tuesday, Thursday).
- The number of training units for the program is 24 training units.
- The researcher adopted the principle of gradualness in giving intensity. Since the sample is beginners, she started with them with an intensity of 50% of the maximum repetition, and the intensity increased from the first week until the eighth week to reach 75%.
- The curriculum included a high percentage of movements specific to the work of the large and small muscles in the body.

- The training units contained some diverse movements to suit the abilities of the trainees at this age group, as Aerozumba exercises are characterized by diversity in exercises, so the sample did not feel bored.
- The performance is continuous throughout the unit application period and accompanied by exciting and pleasant music.
- The total time for one training unit is 45-60 minutes, including warm-up and cool-down time.
- Warm-up time 15 minutes, main part time 20-35 minutes, cool-down time 10 minutes.

Post-tests

After applying the prepared Aerozumba exercise group over 8 weeks, the post-tests were conducted on Sunday 22/4/2024 at 5 pm and included (body measurements-physical tests-body image disorder scale).

Statistical methods

The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Results and discussion

Results

First: Presentation and discussion of the results of the variables of body mass, body mass index, and body composition (Fat Component) before and after the research sample

Table 3: Shows the statistical indicators of the results of the research sample in the variables of body mass, body mass index, and body composition (fat component) before and after.

No.	Variables	Measuring unit	Pre-test		Post-test		Arithmetic mean of difference	Standard deviation of differences	T-Value Calculated	Level Sig	Type Sig
			Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation					
1	Body Mass	kg	77.250	6.210	70.250	6.552	7.000	1.279	18.956	0.000	Sig
2	Body Mass Index	degree	30.353	1.755	27.581	2.021	2.771	0.427	22.452	0.000	Sig
3	Body Fat Percentage	%	41.125	1.592	39.150	1.496	1.975	0.289	23.625	0.000	Sig
4	Scapular Folds	mm	37.166	4.324	31.833	4.174	5.333	0.492	37.523	0.000	Sig
5	Biceps Folds	mm	34.583	3.824	30.666	2.994	3.916	1.083	12.521	0.000	Sig
6	Triceps Folds	mm	32.916	3.553	29.333	3.084	3.583	0.668	18.567	0.000	Sig
7	Abdominal Folds	mm	38.250	4.807	33.250	4.287	5.000	0.852	20.310	0.000	Sig
8	Waist Folds	mm	35.583	3.728	30.750	3.306	4.833	0.834	20.055	0.000	Sig
9	Thigh Folds	mm	44.750	5.172	40.416	4.756	4.333	0.651	23.047	0.000	Sig

At a degree of freedom of 11 and a significance level of 0.05

By presenting the results of the research variables (body mass, body mass index, and body composition (fatty component)) before and after in Table 3, it is clear that there are significant differences between the pre-and post-tests in favor of the post-tests. The researcher attributes the reason for this deficiency and decrease in the variables (body mass, body mass index, and body composition (fatty component)) to the quality of the training units designed by the researcher, and the ability of the exercises of these units to coordinate the level of fat percentage under the skin folds. The use of exercises with moderate intensity and for a continuous period of (20-40) minutes at a rate of three units per week leads to weight loss (Walid Qassas, 2009, p. 123) [15], and also that the training units were characterized by

spontaneity and originality, and that the diversity of movements, coordination, and harmony between movements and music have direct effects on the coordination of the body, which gives it agility, beauty, and vitality (Fatima Ali Al-Azab: 1990, p. 12) [8]. By increasing the body's ability to use large amounts of oxygen and thus improving the body's cells' response to physical effort for the longest possible period and at medium and high intensities, this will lead to activating oxidation processes and removing excess fat layers that the body does not need. (Mohamed Ibrahim Shehata, Sabah Al-Sayed Farouz, 1996, p. 20) [3].

Second: Presentation and discussion of the results of the pre-and post-body circumferences of the research sample

Table 4: shows the statistical indicators of the results of the pre-and post-research sample in body circumferences

No.	Variables	Measuring unit	Pre-test		Post-test		Arithmetic mean of difference	Standard deviation of differences	T-Value Calculated	Level Sig	Type Sig
			Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation					
1	Upper arm circumference	cm	33.916	2.429	31.083	2.353	2.833	0.389	25.215	0.000	Sig
2	Waist circumference	cm	86.916	7.464	81.666	7.152	5.250	.9650	18.840	0.000	Sig
3	Hip circumference	cm	111.583	5.599	106.333	5.466	5.250	.8660	21.000	0.000	Sig
4	Thigh circumference	cm	63.916	3.028	59.750	2.832	4.166	.577.0	25.000	0.000	Sig

At a degree of freedom of 11 and a significance level of 0.05

It is clear from the display of Table 4 for the body circumferences that there are statistically significant differences between the results of the pre-and post-tests in favor of the post-tests.

The researcher believes that these differences, although small, have proven the effectiveness of the Aerozumba exercises that the researcher used in her training units, as the researcher agrees with the opinion of (Bob ZD) that practicing these exercises regularly increases energy consumption, which leads to a decrease in the percentage of body fat (Bob zd, 2000, P108) ^[16] and ensures the harmony

of these circumferences with each other, and that this decrease in the circumferences adds a touch of beauty and health to the woman's body, especially the abdomen, hips and thighs, based on the fact that they are the most fatty and have large muscles. And that continuous exercises for different parts of the body have affected the dissolution of some of the fat in these areas because Aerozumba exercises work to harmonize the body and affect the most dense areas.

Third: Presentation and discussion of the results of the pre-and post-health fitness variables for the research sample

Table 5: shows the statistical indicators for the results of the pre-and post-research sample in the health fitness variables studied

No.	Variables	Tests	Arithmetic mean	Standard deviation	Arithmetic mean of difference	Standard deviation of differences	T-Value Calculated	Level Sig	Type Sig
1	Arm muscle strength test	pre	13.666	3.256	-7.083	1.443	-17.000	0.000	Sig
		post	20.750	2.832					
2	Legs muscle strength test	pre	17.250	2.767	-5.583	1.083	-17.849	0.000	Sig
		post	22.833	3.352					
3	Muscular Endurance	pre	13.333	2.605	-5.416	0.900	-20.841	0.000	Sig
		post	18.750	2.490					

At a degree of freedom of 11 and a significance level of 0.05.

It is clear from the presentation of the results in Table 5 that there are statistically significant differences in the muscle strength tests for both arms and legs between the pre-and post-tests in favor of the post-test. The researcher believes that these significant results are due to the Aero Zumba exercises, which are characterized by continuity in performance without feeling bored or tired, with the practitioners feeling joy and happiness during the performance, especially when performing to the music that the trainees love. Also, practicing Aero Zumba exercises regularly led to an improvement in physical variables, which in turn helped improve the muscle strength of the arms and legs. Considering Aero Zumba exercises as an aerobic activity, they give the trainee aerobic capacity, which helps to raise her physical efficiency.

Repeated exercises on any part of the body give a return in improving strength. The researcher agrees with the opinion of Risan Khuraibet that continuous training works to develop the athlete's entire body, especially to strengthen the working muscle group. (Risan Khuraibet Majeed, 1997, p. 508) ^[4].

The researcher's choice of appropriate exercises, which is one of the important aspects of training units, as it

determines the main muscle groups in the body that are focused on and strengthened through training units, which leads to development in what they were designed for.

As shown by presenting the results in Table 5, there are statistically significant differences in muscle endurance tests between the pre-and post-tests, in favor of the post-test. The researcher attributes this result to continuous aerobic training, as it works to develop general endurance, especially if there is an ideal time, there is an ability through the use of the muscular system with the circulatory system, which leads to muscular endurance. This is what the researcher confirmed in her curriculum and by improving the function of the circulatory system and increasing the blood's ability to carry a larger amount of oxygen and fuel needed to continue to exert effort when performing Aero Zumba exercises, and continuous training works to develop the oxygen capacity, which in turn works to improve muscular work that depends mainly on oxygen in producing energy in an aerobic manner for a long time before feeling fatigue. (Abu Al-Ala Ahmed Abdel Fattah, 1998, p. 38) ^[1].

Fourth: Presentation and discussion of the results of the variables of the body image disorder scale before and after the research sample

Table 6: shows the statistical indicators of the results of the research sample before and after the body image disorder scale

No.	Variables	Pre-test		Post-test		Arithmetic mean of difference	Standard deviation of differences	T-Value Calculated	Level Sig	Type Sig
		Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation					
1	Body Image Disturbance Scale	73.583	2.998	89.250	3.078	-15.666	1.370	-39.594	0.000	Sig

At a degree of freedom of 11 and a significance level of 0.05

It is clear from the presentation of the results in Table (6) that there are statistically significant differences in the results of the body image disorder scale between the pre-and post-tests in favor of the post-test. The researcher believes that these significant results are due to the Aerozumba exercises and what they contain of diverse, interesting dance movements performed to diverse music that encourages trainees to perform the training units continuously and without feeling bored, which led to increased enjoyment and joy during the performance, which in turn led to an improvement in their psychological state, which was positively reflected in weight loss and thus improved their body image disorder concept. This result is logical, as obesity is an undesirable trait that makes its owners suffer from feelings of psychological depression and excessive anxiety, which makes them more inclined to introversion and isolation, as well as feelings of deficiency and inferiority, and excessive fear of how others view them, especially with regard to appearance and body shape. An obese person may tend to introversion because of his inability to keep up with his colleagues in doing their work or to avoid their looks that carry meanings of sarcasm and mockery. His motivation for isolation may be diminished self-confidence and self-esteem and his undesirable body shape, and thus his lack of satisfaction with his appearance. Therefore, you find that they have evaluations of their body image that reflect the extent of the distortion and disorder of their concept of body image. Studies that support the existence of a relationship between obesity and body image disorder and low self-esteem include the study (Elizabeth, 2000), as confirmed by the study.

These studies have concluded and agreed that obesity and body image distortion are prominent risk factors for depression, especially in middle-aged women, and that increased psychological stress with obesity plays an important role in creating a state of clear rejection of body image in obese women. The results of the studies also showed that obese women have low self-esteem due to weight gain, which indicates a distorted body image in them, as well as low satisfaction with life, communication, and low job and family performance. (Maha Mohamed Samih Shatla, Nadia Emil Banna, Sahar Al-Shaarawy, 2021, p. 170) ^[12].

Conclusions and Recommendations

Conclusions

- Aerozumba exercises had a positive effect on the variables of body mass, body mass index, and body composition (fat component) in the research sample.
- Aerozumba exercises had a positive effect on the body circumferences in the research sample.
- Aerozumba exercises had a positive effect on some components of health fitness (arm muscle strength, leg muscle strength, and muscle endurance) in the research sample.

- Aerozumba exercises had a positive effect on (body image disorder scale) in the research sample.

Recommendations

The researcher recommends the necessity of monitoring body weight continuously to avoid sudden increase, and controlling it continuously.

- Focusing through media awareness programs on the risks of obesity, the risks of eating fast food, and the importance of eating healthy food.
- The researcher recommends using Aerozumba exercises in fitness centers to obtain quick results and reach the appropriate weight.
- Holding workshops and seminars in universities and schools to raise awareness of how to deal with the obese.
- The researcher recommends conducting the experiment on samples of other ages and weights.
- The researcher recommends conducting the experiment on a sample of obese men.
- Avoiding medications with harmful side effects and intended for rapid weight loss.

Raising community awareness about the correct ways to lose weight in a healthy way and avoiding the wrong ways to lose weight

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Appendix 1

Table 1: Shows Aero Zumba exercises

No.	Initial position	Description of the exercise
1	(Standing)	High clapping with bending the knees alternately.... (8) count
2	(Standing)	Take two steps right and left with the arms extended to the side with a slight bend in the elbow and moving the shoulders.... (8) count
3	(Standing with open arms forward)	Rotate the right arm outward while lowering and raising the right leg and bending the arm after the rotation, then rotate the left arm outward while lowering and raising the left leg and bending the arm after the rotation.... (8) count.
4	(Standing with open arms forward)	Rotate the arms outward while bending them by jumping with the legs together with bending the knees.... (8) count
5	(Standing)	Extend and bend the arms together in front of the bottom by twisting the trunk while taking a step in front of the body side right-left (8) count.
6	(Standing)	Bend the shoulder joint extension of the right arm and take a step with the right leg to the side of the body then bend the shoulder joint extension of the left arm and take a step with the left leg to the side of the body (8) count
7	(Standing)	Bend and extend the arms upward alternately while jumping with the legs open sideways while pushing with the trunk and arms-in each direction (8) count
8	(Standing)	Raise and lower the legs alternately from slow to fast (8) count.
9	(Standing)	Swing the arms by bending the elbow slightly right-left while leaning the body right-left towards the swinging movement of the arms then extend and bend the arms together once towards the right-once towards the left (16) count for each direction in the four directions
10	(Standing)	Rotate the heel of the right leg on the ground while twisting the body 60 degrees towards the right (12) count.
11	(Standing)	Jump by raising the knees alternately to change the direction of the body 90 degrees (4) count.
12	(Standing)	Rotating the left heel on the ground (12) set
13	(Standing)	Rotating the arms upwards with rotating the hip and rotating around the body with four heel thrusts 360 degrees (4) count
14	(Standing-Opening)	Bending and opening the legs by bending the knees with steps to the left while opening and closing the elbows in front of the head, then opening and closing the legs by bending the knees with steps to the right while bending the shoulder extension (4) count
15	(Standing)	With light jumping, opening the arms to the side, then jumping, closing the arms high, raising ... (8) count
16	(Standing)	Bending and extending the knees alternately quickly while moving the hip and the arms bent from the elbow joint next to the body (8) count
17	(Standing)	Bending and extending the knees alternately quickly with bending and extending the arms alternately from the elbow joint .. (8) count
18	(Standing)	Bending and extending the knees and reaching almost sitting with the elbows swinging in front of the body, then standing while continuing to bend and extend the knees with bending and extending the arms alternately (8) count
19	(Standing-Opening)	Bending and extending the knees, then taking a step with the right leg in front-right, then taking a step with the leg Left in front-left then return to bring the legs together continuously bending and extending the knees.... (8) count
20	(Standing-Opening)	Cross the left leg behind the right leg with a poke on the insteps then stand open and cross the right leg behind the left leg with a poke on the insteps then stand open again.... (6) count.
21	(Standing-Opening)	Take two poke with the left insteps behind the intersection of the right leg then take two poke with the right insteps behind the intersection of the left leg.
22	(Standing-Opening)	Take a poke with the left instep behind the intersection of the right leg then take a poke with the right instep behind the intersection of the left leg.... (8) count)
23	(Standing open-arms straight)	Rotate the arms from bottom to top by crossing the arms in front of the body.... (8) counts).
24	(Standing-Opening)	Bend the knees at a 90-degree angle while bending the torso forward with the arms crossed over the head.... (8) counts).
25	(Standing-Opening)	Twist the torso to the right side while bending the knee of the left leg and extending the right leg on the heel to the right side and bending the torso with the extended leg towards the right leg then gradually raising the left arm upwards.... (24) counts.
26	(Standing-Opening)	Bend the knees and bend the torso forward and gradually raise it upwards.... (4) counts
27	(Standing-Opening)	Raise and lower the left leg while pushing with the torso then raise and lower the right leg while pushing with the torso.... (16) counts
28	(Standing-Opening)	Raise and lower the left leg while pushing with the torso and the right arm bent from the elbow joint in front of the body then raise and lower the right leg while pushing with the torso and the left arm bent from the elbow joint in front of the body.... (16) counts.
29	(Standing-Opening)	Raise and lower the right leg once while pushing with the trunk twice and the right arm bent at the elbow joint in front of the body, then raise and lower the right leg once while pushing with the trunk twice and the left arm bent at the elbow joint in front of the body.... (32) Count
30	(Standing-Opening)	Raise and lower the right leg once while pushing with the trunk twice and the arms bent in front of the body from the elbow joint to the right side, then raise and lower the left leg once while pushing with the trunk twice and the arms bent in front of the body from the elbow joint to the left side.... (32) Count

31	(Standing-Opening)	Raise and lower the heel of the left leg while raising the right shoulder with a slight forward twist of the shoulder, then raise and lower the heel of the right leg while raising the left shoulder with a slight forward twist of the shoulder.... (16) count
32	(Standing-Opening)	Raise and lower the heel of the left leg while raising the right shoulder twice while slightly forward twisting the shoulder, then raise and lower the heel of the right leg while raising the left shoulder twice while slightly forward twisting the shoulder.... (16) count
33	(Standing-Opening)	Raise and lower the left leg by bending the knee slightly while raising and lowering the left shoulder with a forward twist of the shoulder, then raise and lower the right leg by bending the knee slightly while raising and lowering the right shoulder with a forward twist of the shoulder.... (32) count
34	(Standing-Opening)	Bend the knees slightly while pushing the shoulders back and the chest forward, then bend the shoulders forward.... (16) count
35	(Standing-Opening)	Bend the knees slightly while raising the left shoulder to the left side, then raise the right shoulder to the right side... (16) count
36	(Standing-Opening)	Push the shoulders back then raise the left shoulder then bend the shoulders forward then raise the right shoulder to the right side... (16) counts
37	(Standing-Opening)	Rotate the shoulders behind left in front of right... (16) counts
38	(Standing-Opening)	While continuing to rotate the shoulders behind left in front of right, rotate the arms together with a slight bend in the elbow joint starting from the hip level and gradually rising until it becomes a circle above the head... (32) counts
39	(Standing-Opening)	While continuing to raise and lower the legs while moving the hip left-right... (32) counts
40	(Standing-Opening)	Jump on the left leg and the right leg slightly backward on the insteps then jump on the right leg and the left leg slightly backward on the insteps... (32) counts
41	(Standing-Opening)	Raise and lower the legs alternately and move the hip right-left while swinging the arms from the elbow twice then swinging them upward left-right then jump on the left leg and the right leg slightly backward on the insteps then jump on the right leg and the left leg slightly backward on the insteps... (64) counts
42	(Standing-Opening)	Raise and lower the left leg while extending the right arm towards the left leg then raise and lower the right leg while extending the arm Left crossed with right arm towards left leg then raise arms up beside body by bending elbow at 90 degree....(32) Count
43	(Standing-Opening)	Raise and lower left leg while extending right arm towards left leg then raise and lower right leg while extending left arm by crossing with right arm towards left leg then jump by closing legs and raising arms up beside body by bending elbow at 90 degree....(32) Count
44	(Standing-Opening)	Raise and lower left leg and twist torso to the right then raise and lower right leg then stand by closing legs then raise and lower right leg and twist torso to the left then raise and lower left leg then stand by closing legs....(8) Count
45	(Standing)	By jumping raise and lower left leg and twist torso to the right then bend right knee and stand by closing legs then by jumping raise and lower right leg and twist torso to the left then raise and lower left leg then stand by closing legs..(4) Count
46	(Standing-Opening)	Raise and lower left leg then raise and lower right leg on combs backward then raise and lower right leg then raise and lower left leg on combs backward A little....(32) Count.
47	(Standing-Opening)	Raise and lower the left leg while extending the right arm towards the left leg, then raise and lower the right leg while extending the left arm intersecting with the right arm towards the left leg, then jump by closing the legs and raising the arms up, then rotating the arms up...(8) Count
48	(Standing)	Take a step forward with the left leg, then rotate on the right back leg 90 degrees and jump 90 degrees to stand open and clap once....(8) Count.
49	(Standing – Opening)	Raise and lower the left leg, then raise and lower the right leg in succession....(8) Count