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Short Communication

Link of Exercise with Blood Grouping

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1. Abstract

Objective of present study was co relate blood grouping with exercise. This study contained 179 students were participated in this project whose age between 18 to 22.We did an experiment on blood grouping and identify the blood group of the students. In this project we made percentage table of blood group in which some answered in yes and some in no in Exercise. The percentage of blood group O+ reached to maximum level whiles the percentage of both blood groups A- and AB- at minimum level.

2. Keywords

ABO blood grouping; Rh factor; Exercise

3. Introduction

This is the example of Multiple Alleles. ABO blood group system has four types of Phenotypes which can be distinguished on the basis of specific antigen. There are antigens such as A, B and AB. A person having antigen neither A nor B has blood group O. The genotype of these blood groups is controlled by three alleles. Allele I^A, I^B and I. Persons having blood groups A, B and AB which based on their antigens. But Allele I is recessive to both I^A and I^B [1].

Rh blood group system is named after Rhesus monkey. ABO blood type is differentiated by + and - signs. Its presence or absence show any blood antigen called as **Rh factor.** There are three encoding genes such as C, D and E [2].

Table 1

Blood Groups	Yes	No
A+	14.52%	3.35%
A-	1.11%	0%
B+	21.78%	11.73%
B-	2.79%	0.55%
O+	25.13%	6.70%
O-	3.91%	1.67%
AB+	4.46%	1.67%
AB-	0.55%	0%

4. Results and Discussion

Link of Exercise with blood grouping is given in Table 1. This reported that total 179 students were participated in this project 14.52% students of blood group A+ related with exercise while 3.35% of blood group A+ not favored. 1.11% students of blood group A- related with exercise while 0% not favoured.21.78% students of blood B+ related with exercise while 11.73% did not exercise.2.79% students of blood group B- related with exercise while 0.55% not favoured.25.13% students of blood group O+ related with exercise while 6.70% didn`t do exercise.3.91% subjects of blood group O- related with exercise while 1.67% favored no.4.46% students of blood group AB+ related with exercise while 1.67% did not relate with this.0.55% students of blood group AB- related with exercise while 0% did not relate with this activity.

Questionnaire based studies have been given important outcomes in current researches [3-10]. Exercise maintains the body balance or weight and also reduces the effect of low back pain. Persons who are un touch with exercise faces many problems of pain in joints and muscles. Weakened of muscles also happened before the person reaches to the aging.

5. Conclusion

It was concluded from the present study that maximum subjects of blood group O+ while the minimum of both blood groups A- and AB- were participated for exercise.

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