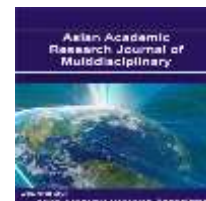




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DIFFERENCES IN OXIDANT AND ANTIOXIDANT LEVELS BETWEEN PROFESSIONAL FOOTBALL PLAYERS AND SEDENTARY CONTROLS

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Abstract

There are many studies about oxidant balance in athletes taken after exercise instantly. But, there was no enough study related with the levels of oxidant-antioxidant and NO of athletes trained with continuous and interval running and sedentary persons. The object of the study was to research the effects of continuous and interval running training methods to resting situation of forming oxidative stress and the effects especially to antioxidant level. In the present study, there are not any significant differences by age, body weight, height, and body mass index between sedentary group and athletes. There are significant decreases in TAC and GSH-Px levels of athletes compared to sedentary groups. Also, SOD level was significantly increased in athletes compared to sedentary persons. There are no significant differences between PC, NO and MDA levels between sedentary group and athletes. The results suggested that continuous and interval running training attenuated exercise-induced oxidative stress.

Keywords Athletes, MDA, Oxidative balance, Total antioxidant capacity, Total oxidant status

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