

عنوان مقاله:

Changes of insulin-like growth factor-1 and cortisol levels following the Wingate anaerobic test among female athletes and non-athletes

محل انتشار:

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خلاصه مقاله:

Introduction: The aim of present study was to evaluate the changes of insulin like growth factor-1 (IGF-1) and cortisol levels following the Wingate anaerobic test among female athletes and non-athletes. **Material & Methods:** Twenty four female consist of twelve female athletes (mean age: ۴۵ years of old) and twelve sedentary female (mean age: ۴۴ years of old) voluntary to participate in this study as the subject. All the subjects performed the ۳۰-second Wingate test as the anaerobic exercise. Blood samples collected at rest, end of the Wingate test, and ۲۴ h after intervention for IGF-1 and cortisol determination. Repeated measure ANOVA test was used to evaluate hormonal responses to the anaerobic test. **Results:** The results indicated that cortisol levels decreases after the Wingate test in the female athletes compare to the non-athletes ($p < 0.05$). Our results revealed that cortisol levels were lower in the female athletes than the non-athletes ($p < 0.05$). For IGF-1 no significant changes were observed in the female athletes or non-athletes in response to Wingate test. **Conclusion:** Our results suggested that regular exercise caused hormonal adaptation among female athletes in response to acute anaerobic training.

کلمات کلیدی:

Anaerobic exercise, Female athletes, Hormonal adaptation, Glucocorticoids

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