

عنوان مقاله:

Spark Motor Program reduced oxidative stress in boys with Down syndrome

محل انتشار:

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خلاصه مقاله:

Introduction: Oxidative stress (OS) level is higher in individuals with Down syndrome (DS). Malondialdehyde (MDA) is a marker for lipid peroxidation and the effect of exercise training on MDA in DS patients is not well known. The aim of this study was to examine the effects of selected Spark Motor Program on MDA in boys with DS. Material & Methods: Twenty Down syndrome boys aged between 10~14 participated in this study as the subjects. The subjects were randomly divided into experimental group (n=10) or control group (n=10). The experimental group was performed selected Spark Motor Program 3 days a week for 8 weeks. MDA concentration was measured before and 48h after the intervention. Results: The results showed that MDA decreased after 8 weeks selected experimental in compare to the control group. Conclusions: In summary, Spark Motor Program that selected in this study decreases MDA of boys with DS.

کلمات کلیدی:

Oxidative stress, Down syndrome, malondialdehyde, Spark training

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