

عنوان مقاله:

Comparing the Serum Levels of IL-2, IL-6, TNF α , IFN- γ and CRP between Sprinter Athletes and Non-athletes

محل انتشار:

همایش ملی تربیت بدنی، تغذیه و طب ورزشی (سال: 1398)

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خلاصه مقاله:

The aim of this study was to compare changes in serum levels of IL-2, IL-6, TNF α , IFN- γ and CRP in athletes of speed runners and non-athletes. The statistical sample of this study included 70 young men aged 20 to 25 years old. Twenty participants were sprinter and 50 non-athletes. Then, they were divided into two groups: speed runners (20 persons) with mean (78 ± 41.4 kg; height: 181.2 ± 13.2 cm; age: 21.2 ± 14 years; body mass index: 1.94 ± 1 ; 23) and non-athletic group (50 persons) with mean (weight: 77 ± 6.26 kg; height: 180 ± 3.22 cm; $22 \pm 2/45$; body mass index $23 \pm 2/02$). Blood samples were prepared to measure the IL-2, IL-6, TNF α , IFN- γ and CRP variables and were determined by ELISA method. In order to analyze the data, inferential statistical test of independent t test was used for comparison between groups. Independent t-test showed a significant difference between the groups in IL-2 ($p = 0.0225$, IL-6 ($p = 0.028$), TNF α ($p = 0.1010$) and CRP ($p = 0.016$); however, there was no significant difference in the level of IFN- γ between the two groups. Considering that cytokine changes were observed in speed runners. It is recommended that the trainers make a significant contribution to strengthening the safety system during the preparation period.

کلمات کلیدی:

Sprinter, Interleukin-2, Interleukin-6, C-Reactive Protein, Interferon-Gamma, Tumor Necrosis Factor Alpha

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