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DETERMINATION OF THE EFFECTS OF PREPARATION TRAININGS ON THYROID HORMONES AND LIPID METABOLISM OF FOOTBALL PLAYERS

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ABSTRACT

The aim of this study is to determine the effect of endurance training applied in addition to football training in the preparation period on the trioid hormones and lipid metabolism of the athletes. A training program was applied to the research group for 10 weeks, four days a week, 90 minutes a day, as well as maintaining their performance, as well as improving their conditional characteristics. Blood samples were taken from the research group twice at rest, before and after the training program. Thyroid hormones (TSH, T3, T4) and lipid metabolism (Cholesterol, HDL, LDL, Triglyceride) levels were determined in blood samples taken from the research group. As a result of the research, it was determined that there was a significant difference between the pre-post test results of the TSH and T3 levels of the football players ($p < 0.05$), while there was no statistically significant difference at the T4 level ($p > 0.05$). It was determined that there was a statistically significant difference between the pre-post test results of the football players' cholesterol, HDL, LDL and triglyceride levels ($p < 0.05$). As a result; It was observed that endurance training applied in addition to football training in the preparation period caused changes in the thyroid and lipid metabolism of football players. In this context, if the trainings to be applied during the preparation and competition period are planned considering the physical and conditional characteristics of the athletes, it is thought that it will contribute positively to the sports performance of the athletes.

Keywords: Football, Thyroid hormones, Lipid metabolism, Preparation period, Training.