

Effects of a Year Long Wrestling Training Season on Biochemical Blood Parameters of Elite Wrestlers

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ABSTRACT The focus of this study is aimed at examining the effects of a year-long wrestling session on variation of hematological parameters of forty-two elite wrestlers. Biochemical parameters were studied during transition period of a year long wrestling season for each year. The findings of the study indicated that among the hematological variables studied, only RBC counts, MO, MCH, MCHC, and hematocrit had significant variations. According to the findings, MO, hematocrit, and RBC count increased significantly after one year of wrestling training while MCH and MCHC values decreased after one-year training. There were differences between pre and post-test results of SGOT, cholesterol, and urea variables. The study results indicated that more experience wrestling training had some positive effects on hematological parameters. The increase in red blood cells, and decrease cholesterol and urea values of the wrestlers after wrestling season are positive signs of improvements in hematological parameters of the wrestlers.