

Detection of the Effects of Sodium Bicarbonate Supplement on Blood Lactate and Heart Rate Values of Female Futsal Players Before and After Yo-Yo/1 Test

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ABSTRACT The prime aim of the present study is to examine the effects of sodium bicarbonate supplement on the blood lactate and heart rate values of female futsal players before and after Yo-Yo/1 test. 15 women futsal players in experimental group, 14 women futsal players in control group, and a total 29 athletes participated voluntarily. The blood samples collected from fingertips helped a lot, while blood lactate values of the athletes were measured before and after Yo-Yo/1 test. Heart rate values of the participant athletes were recorded using polar watch during the test. Paired sample t-test was used to detect the differences between the pre-test and post-test blood lactate, heart rate (HR) and maximal running distance values of the participating athletes. The difference between the post-exercise blood lactate and maximal running distance values of the participant female futsal players was found to be significant ($p < 0.05$).