

## **The Effects of Acute Aerobic and Anaerobic Exercise on Blood Parameters**

**Tulin Atan<sup>1</sup> and Hasan Alacam<sup>2</sup>**

<sup>1</sup>*University of Ondokuz Mayıs, Faculty of Yasar Dogu Sports Sciences, Samsun, Turkey*

<sup>2</sup>*University of Ondokuz Mayıs, Faculty of Medical, Samsun, Turkey*

*E-mail: <sup>1</sup><takman@omu.edu.edu>, <sup>2</sup><hasanalacam@hotmail.com>*

**KEYWORDS** Exercise. Erythrocyte. Leukocyte. Thrombocyte. Hematocrit

**ABSTRACT** The study attempts to investigate the effect of acute aerobic and anaerobic exercise on blood parameters and to determine whether blood parameters change between aerobic and anaerobic exercise. To achieve the objectives of this study, 25 male athletes participated in the research. Aerobic (Shuttle run test) and anaerobic (Running aerobic) Sprint test (RAST) exercise test were applied to the test subjects with a one-week interval. Before the exercise (resting), 1 minute and 60 minutes after both exercises' protocol, subjects' blood samples were taken to determine the blood hematologic values. A rise in the values was observed in 1 minute after the exercise, but 60 minutes after the exercise it was observed that most of the hematologic parameters returned to the resting levels. It was found out that the effect of aerobic and anaerobic exercise on hematologic blood parameters was mostly similar.