

An Investigation of the Leptin Levels of Footballers and Wrestlers in Terms of Aerobic Capacity

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ABSTRACT The purpose of the present study is to investigate the association among the leptin levels and aerobic capacities of footballers, wrestlers and sedentary group. The study included a total of 130 volunteers (43 footballers, 41 wrestlers and 46 sedentary). The results showed a statistically significant difference between footballers and the sedentary group in terms of leptin levels both male and female. Leptin levels of the females were significantly higher than the males for all groups while MaxVO₂ levels of the males were significantly higher than the males for all groups. The correlations between serum leptin levels and MaxVO₂ levels of both males and females were no significant in all groups. Besides, as the aerobic capacity of the groups who did sports increased, their serum leptin levels decreased. Consequently, it can be ascertained that serum leptin levels of footballers and wrestlers are lower than those of the sedentary group and this difference is caused by the athletes' aerobic capacities.