



The Effect of Power Development Exercise During 6 Weeks on sICAM and E-Selectin Levels of Turkish National Young Male Boxing Team Athletes

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ABSTRACT The objective of this paper is to compare the levels of E-selectin and sICAM on active athletes who performed power developing exercise throughout 6 weeks. Blood samples were taken from participants (experiment and control groups) before and after exercise. The data obtained was analysed with SPSS 16.0 package. For testing non-parametric difference between depended groups Wilcoxon Signed Rank test, and for independent groups Mann Whitney U test was used. The significance value was determined at 0.05 and 0.01 percent probability level. There were no significant differences in E-selectin and sICAM values of control group before and after exercise and there was a significant difference at $p < 0.01$ in E-selectin and sICAM values of experimental group, before and after exercise. As a result sICAM and E-selectin values of active athletes were determined as higher than control group. It can be suggested that regular exercise has positive effects on sICAM and E-selectin levels.