

Comparison of two types of exercise (aerobic and resistance) on circulatory levels of BDNF, IGF-1, platelet and intermediate term memory in older basketball players

Moghimi Seyed Makan*, Hamid Arazi, Parvin Babaei,

Purpose: The purpose of this study was investigate the effects of two kinds of exercises (aerobic exercises and resistance training) on serum IGF-1, BDNF, platelets levels and intermediate-term memories in old basketball player aged 60 years old. the sample size was 30 players divided into 3 groups of aerobic, resistance training and control groupd (10 per each group). aerobic training protocol consisted of three 10-minute run place by 60-75 percent of maximum heart rate, and the resistance exercise protocol consisted of circular exercise with 19 stations. intermediate-term memory function was recorded by digit span all groups at the end of the interventation. results showed that both aerobic and resistance training significant increased in IGF-1serum and platelets number of old basketball players (p

Keywords : Key words: Aerobic exercise, Resistance training, BDNF, intermediate-term memory, Platelets, IGF-1, older basketball players

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