

The comparing of the urinary excretion of total protein, creatinine and calcium after one exercise session of Karate with two different intensities in karateka women

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Abstract: The purpose of this study was to compare urine excretion of total protein, creatinine and calcium after a karate training session with two different severities in karateka women. Therefore, in the present study, these renal factors were examined and compared. To this end, 20 adult karateka women (24-24 years old) were ed Karaj city and with two intensity 70-60 and 90-80% of maximum heart rate, went on to special karate exercises during the two separate days in health clubs. Urine sample was taken before and immediately after exercise and the urine was sent to the lab for testing. To analyze the data, both descriptive and inferential statistics, as well as paired t-test and repeatable ANOVA, were used with Bonferroni post hoc test. The results showed that karate training had a significant effect on total urinary excretion of total protein, creatinine and calcium in both intensities which, respectively, increased the first two factors after exercise and the last factor decreased. In comparison with urinary excretion, these factors were also detected in two severities. Increasing total protein excretion and decreasing calcium excretion in the intensity of 80-90% is significant (p

Keywords : Key Words: Total Protein, Creatinine, Calcium, Karate, Karateka Women.

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