

The effects of combined caffeine and sodium bicarbonate beverage on specific skill test, blood lactat and heart rate indices in elite karatekas

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Abstract Introduction:There is an important problem for athlete to use sport drinks to help them for achieve peak performance. The purpose of the present study was to determine the Effect of Caffeine Sodium Bicarbonate Combined Drinks on the Certified blood Lactate and Heart Rate special karare skill test Performance in Iranian Karate Elites. **Materials and Method:** This semi-experimental study; for this purpose, 8 Iranian Karate Elites (with mean age 8.80 ± 0.5 years) were voluntarily ed as a sample. Based on a conterbalance both wey blind patern Subjects were randomly divided into three separate days; first day without supplementation and without placebo, second day with sodium bicarbonate and caffeine supplementation and on the third day with placebo. **Results:** The results indicate that after supplimenting Caffeine and bicarbonate drinks, a significant increase was found in special Karate skill test Performance. A significant increase in lactate levels, blood pressure and heart rate had been shown immediately after the test and in the recovery phase, also blood pressure and heart rate of the supplement group (Drinking caffeine and sodium bicarbonate) in recovery phase was significantly lower than other groups. **Conclusion:** Finally, the results showed that the sport drinks not only improves blood pressure and heart rate in Iranian Karate Elites; but that it also is useful to increase Sport performance. **Key Word:** Sport Drinks, blood pressure, heart rate, Iranian Karate Elites

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