

Effects of Sprint Training on Athletic Performance Related Physiological, Cardiovascular, and Neuromuscular Parameters

Authors : Asim Cengiz, Dede Basturk, Hakan Ozalp

Abstract : Practicing recurring resistance workout such as may cause changes in human muscle. These changes may be because combination if several factors determining physical fitness. Thus, it is important to identify these changes. Several studies were reviewed to investigate these changes. As a result, the changes included positive modifications in amplified citrate synthase (CS) maximal activity, increased capacity for pyruvate oxidation, improvement on molecular signaling on human performance, amplified resting muscle glycogen and whole GLUT4 protein content, better health outcomes such as enhancement in cardiorespiratory fitness. Sprint training also have numerous long long-term changes inhuman body such as better enzyme action, changes in muscle fiber and oxidative ability. This is important because SV is the critical factor influencing maximal cardiac output and therefore oxygen delivery and maximal aerobic power.

Keywords : sprint, training, performance, exercise

Conference Title : ICPESS 2015 : International Conference on Physical Education and Sport Science

Conference Location : Penang, Malaysia

Conference Dates : December 03-04, 2015