

The Effects of Different Doses of Caffeine on Young Futsal Players

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Abstract : This study is about The effects of different doses of caffeine on young Futsal players. Young futsal players of selected ShahinShahr(a city in Esfahan province, Iran) team are sampled (24 people of 18.3 ± 1.9 year- old). All players are members of youth team playing in Esfahan counties league. Having at least 5 years of experience, 2 practices and 1 match per week and lacking any limitation in the past 6 months are the most important requirements for sampling the players. Next, the study topic, its method, its uses, as ell possible risks are explained to the players. They signed a consent letter to take part in the study. Interest in the use of caffeine as an ergogenic aid has increased since the International Olympic Committee lifted the partial ban on its use. Caffeine has beneficial effects on various aspects of athletic performance, but its effects on training have been neglected. The purpose of this study was to investigate the acute effect of caffeine on testosterone and cortisol in young futsal players.

Keywords : anabolic, catabolic, performance, testosterone cortisol ratio, RAST test

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