

## The Effect of a Test Pump Supplement on the Physiological and Functional Performance of Futsal Women

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**Abstract :** To evaluate the effect of Test Pump supplement on the physiological and functional performance of futsal women, twenty female futsal subjects were divided into two groups: placebo (n = 10) and supplement (n = 10) and were given buccal tablets for 7 days and 12 g daily supplement each day. The placebo group used starch powder during this period. Speed, agility with ball, agility without ball and dribbling time were measured before and after supplementation. In addition, the rate of heart rate and blood pressure changes were measured before and after the YOYO test. The results showed that the test pump had no significant effect on improving speed, agility with ball, agility without ball, dribbling time and heart rate changes and diastolic blood pressure, and only affect the maximum oxygen consumption and systolic blood pressure ( $P < 0.05$ ). In general, the use of the test-pump supplement does not have a significant effect on the physiological and functional performance of futsal women. The results of this study showed that the use of supplementary pump tests on women's futsal heart rate changes after loading period had a significant difference between the two groups in resting heart rate with heart rate after exercise and 5 minutes after exercise. However, it did not have a significant effect on the increase in heart rate. Supplementation significantly increased systolic blood pressure after exercise compared to resting blood pressure, as well as a significant increase in systolic blood pressure after exercise compared to resting systolic blood pressure and 5 minutes after exercise in both groups from the loading period. On the other hand, there was a significant difference in systolic blood pressure in both placebo and supplemented groups.

**Keywords :** test pump supplement, women, speed, dribble, agility, maximum oxygen consumption, cardiovascular

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