

Effect of physical exercise on selected blood parameters in junior footballers.

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26 junior footballers took part in the experiment. They were tested on a cyclometer with increasing load. Mean time of the test was 17 ± 2 minutes and was conditioned by each player's refusal to continue. Influence of physical exercise on concentration of heme proteins myoglobin and hemoglobin and red blood cells parameters - hematocrit and red blood cell count were measured. Blood samples were taken immediately before and after the exercise, myoglobin concentration was additionally determined 1.5 hour after exercise.