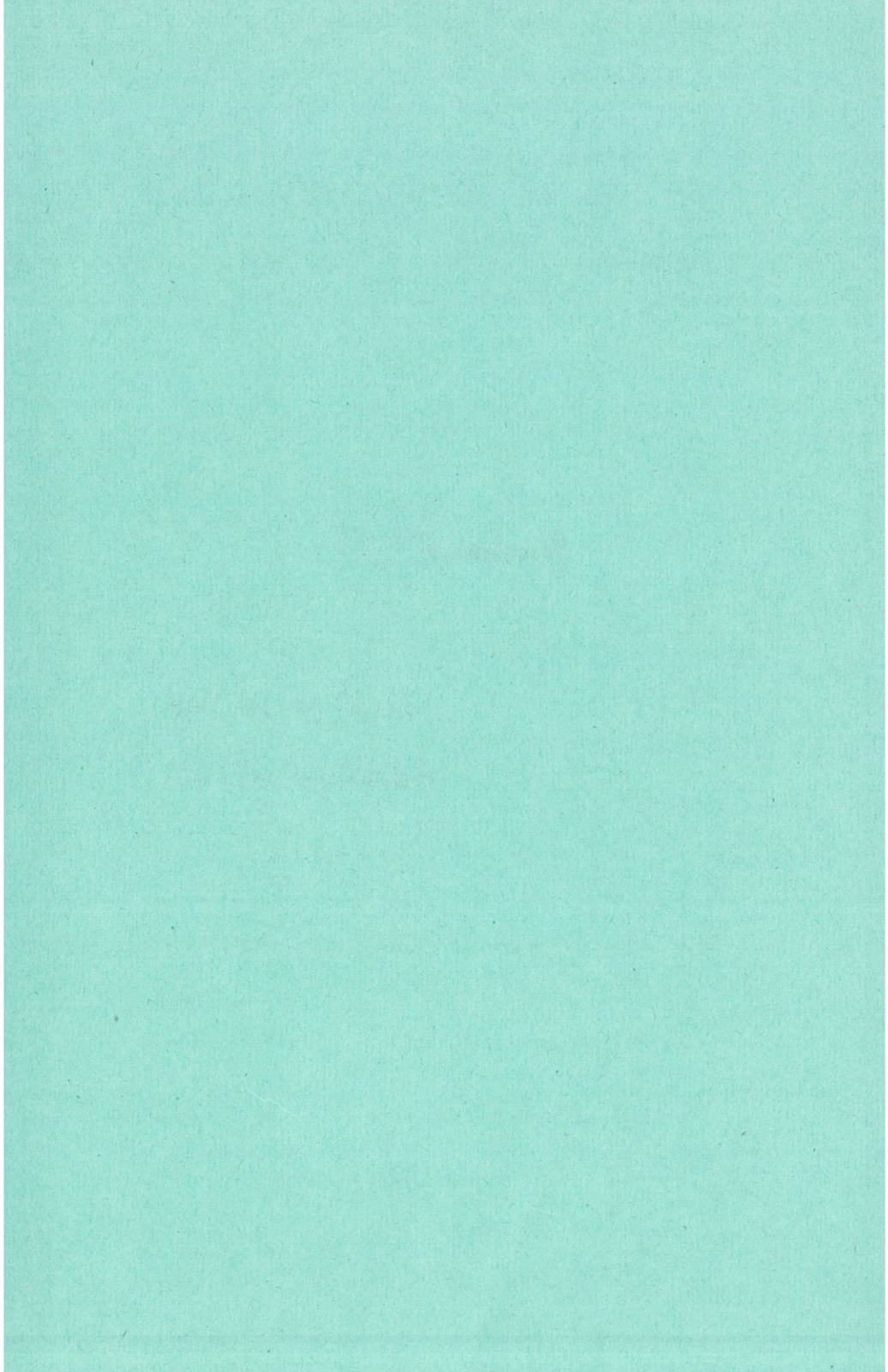


المراجع

أولاً: المراجع العربية.

ثانياً: المراجع الأجنبية.



أولاً: المراجع العربية:

- ١- أبو العلا عبد الفتاح: بيولوجيا الرياضة، ط٢، دار الفكر العربى، القاهرة، ١٩٨٥.
- ٢- _____: الاستشفاء فى المجال الرياضى، دار الفكر العربى، القاهرة، ١٩٩٩م.
- ٣- أحمد صلاح عبد الحميد: "تأثير الجهد البدنى الأقصى على مستوى الشوارد الحرة وعلاقتها ببعض المتغيرات الفسيولوجية لدى الممارسين وغير الممارسين للنشاط الرياضى" رسالة ماجستير، كلية التربية الرياضية للبنين، جامعة حلوان، ١٩٩٩م.
- ٤- أسامة محمود السيد: "تأثير خطوط تنظيم السرعة فى مسافة ١٥٠٠ متر جرى على نسبة تركيز حمض اللاكتيك" رسالة ماجستير، القاهرة، ١٩٨٥م.
- ٥- أمانى أحمد إبراهيم: "تأثير المجهود البدنى مرتفع الشدة على بعض دلالات ومضادات الأكسدة لدى متسابقى المسافات المتوسطة خلال الموسم التدريبى وعلاقتها بالمستوى الرقمى" رسالة دكتوراه، كلية التربية الرياضية للبنات، جامعة حلوان، ٢٠٠١م.
- ٦- جلال خليل المخللاتى: التغذية وصحة الإنسان، ط٢، دار الشواف للنشر والتوزيع، المملكة العربية السعودية، ١٩٩١م.
- ٧- خالد جلال عبد النعيم: "تأثير الحمل البدنى الهوائى واللاهوائى على إنزيم الجلوتاثيون كأحد مضادات الأكسدة وعلاقته بمستوى حمض اللاكتيك فى الدم" رسالة ماجستير، كلية التربية الرياضية للبنين، جامعة حلوان، ١٩٩٩م.
- ٨- سليمان على حسن وزكى محمد درويش وأحمد محمود الخادم: التحليل العلمى لمسابقات الميدان والمضمار، دار المعارف، القاهرة، ١٩٨٣م.

٩- عبد القادر عبد الرحمن: دور الفيتامينات والإنزيمات المضادة للأكسدة فى منع تمزق العضلات الناتج من التمرينات الرياضية، الدورية السعودية للطب الرياضى، العدد الأول، ١٩٩٦م.

١٠- عمر شكري عمر، وطارق حسن المتولى: عبء ضغوط الأكسدة والتدخين على دلالات الإجهاد العضلى أثناء حمل تدريبى مستمر، مجلة كلية الطب بأسسيوط، العدد الثالث، الجزء الخامس والعشرون، كلية الطب، جامعة أسسيوط، يوليو، ٢٠٠١م.

١١- أوليغ كولودى، ويفرينى لوتكوفيسكى، وفلاديمير أوكوف: ألعاب القوى، دار "رادوغا" موسكو، ١٩٨٦م.

١٢- محمد أحمد على فضل الله: "تأثير اختلاف تدريبات القدرة اللاهوائية على ديناميكية استشفاء إنزيمى Ast, Cpk لدى لاعبى السرعة وتحمل السرعة فى ألعاب القوى" رسالة ماجستير، كلية التربية الرياضية للبنين، القاهرة، ١٩٩٨م.

١٣- محمد حسن علاوى، أبو العلا عبد الفتاح: فسيولوجيا التدريب الرياضى، دار الفكر العربى، القاهرة، ١٩٨٤م.

١٤- محمد طه محمد السيد: "تأثير تناول مضادات الأكسدة وبرنامج المشى على بعض مكونات الدم والمتغيرات الفسيولوجية للعاملين بالشركة الشرقية إيسترن كومبانى للدخان" رسالة ماجستير، كلية التربية الرياضية بالهرم، جامعة حلوان، ٢٠٠٢م.

١٥- محمد محمد الحماحمى: التغذية والصحة للحياة والرياضة، مركز الكتاب للنشر، القاهرة، ٢٠٠٠م.

١٦- محمود فتحى ثابت: "تأثير تنمية بعض القدرات اللاهوائية على مضادات الأكسدة ومعدل الشوارد الحرة لدى الرياضيين"، رسالة دكتوراه، كلية التربية الرياضية، جامعة أسسيوط، ٢٠٠٣م.

١٧- مريم يحيى إبراهيم: "دراسة على دور مضادات الأكسدة فى حماية الغشاء المخاطى للمعدة فى ذكور الفئران البيضاء تحت الظروف المختلفة" رسالة دكتوراه غير منشورة، كلية الطب البيطرى، القاهرة، ١٩٩٦م.

١٨- نجلاء إبراهيم محمد: "أثر استخدام بعض وسائل الاستشفاء على بعض المتغيرات الفسيولوجية والمستوى الرقعى لمتسابقى العدو والجرى" رسالة دكتوراه غير منشورة، كلية التربية الرياضية، جامعة أسيوط، ٢٠٠٣م.

١٩- وائل محمد رمضان أبو القمصان: "تقنين جرعات الكرياتين المناسبة وتأثيرها على بعض المتغيرات البدنية والمستوى الرقعى لمتسابقى الوثب الطويل، ١٠٠ متر عدو"، رسالة دكتوراه غير منشورة، كلية التربية الرياضية للبنين بالقاهرة، جامعة حلوان، ٢٠٠١م.

اتياً: المراجع الأجنبية:

20- Alessi, H.M., and E.R. Blasi: Physical activity as a natural Antioxidant booster and its effect on healthy lifestyle. Res. Q. Exerc. Sport. 68 (4): 292 – 302 1997. (Abstract).

21- Alina Wozniak; Gerard Drewa; Gabriel Chesy; Andrzej Rakowski; Malgorzata Rozwodowska; Dorota Olszewska: Effect of altitude training on the peroxidation and antioxidant enzymes in sport men. Departments of Biology and physiology Ludwik Rydygier Medical university, Military sports centre, PMR, Bydgosz, Poland 2001.

- 22- Allen Jackson, Rod K. Dishman: The heart rate, perceived exertion, and Race of the 1.5 mile run. Sci. in sports and exercise, 1999.
- 23- Ames BN, Shigenaga MK, Hagen T,: oxidants, Antioxidants, and the degenerative diseases of aging. Proc natl A cad sci; 7915 – 7922, 1993.
- 24- Antioxidant 1 – 3 (Net) <http://www.e.antioxidant.net>.
- 25- Ashton T., young I.s., Peters J.R., Jones E., Jackson S.K., Davies B, Rowland SC.C.I. Appl . Physiol 87 , 2032 , 1999
- 26- Ashton T, Rowland C.C, Jones E, young I.S., Jackson S.K., Davies B, Pelers J.R. Eur. J. Appl. Physiol. 77, 498 , 1998 .
- 27- Astrand P.O. and K. Rodahl: Text book of work physiology. New York: Macgraw – Hill Boook Comp., 12 – 14 : 1987 .
- 28- _____: ouantification of exercise capability and evaluation of physical capacity in man progress in cardiov. Dis, , Vol. 19, No. 1: 51 – 67, 1976 .

- 29- Balakrishnan, S.D., and C.V. Anuradha: Exercise depletion of anti - oxidants and antioxidant mainpulation. Cell Biochemistry and Function; 16: 4: 249 - 72, 1998.
- 30- Bendich, A., L., J. Machlin, o. Scandurra, G.W. Burton, and DD. M. Wayner: the antioxidant Role of vitamin C. Ad v. free radical Biol. Med. 2: 419 - 444, 1986.
- 31- Bixby Wr, Spalding TW, Hatfield Bd: Temporal Dynamics and Dimensional Specificity of the affective Response to exercise of varying Intensity : differing pathways to a , commor outcome . J sport ∞ Exerc psych, 23: 171 - 190 2001(med line).
- 32- Brites FD, Evelson PA, Christiansen MG, Nicol Mf Basilico MJ, Wikinski Rw, Llesuy Sf: Soccer Players under regular training show oxidative stress but improved plasma antioxidant status clir sci (Lond), Apro Apr, 96 (4): 381 - 385, 1996 (Medline).
- 33- Bruce and Noble: Physiology of Exercise and sports time: merros mosby, publishing, stauis, toronto samtaclara, 1986.

- 34- Chevion, S, Moran Ds, Heledy, Shaniy, Regev G, Abbou B, Berensl E, Stadtman ER, Epsteiny: Plasma antioxidant status and cell injury after severe physical exercise, Heller Institute of Medical Research, Sheba Medical center, Tel Hashom 52621, Israel, 2003.
- 35- Child RB, Wilkinson DM, fallowfield JL, Donnelly AE: Elevated Serum antioxidant capacity and plasma malondialdehyde concentration in response to a simulated half – marathon run, muscle Research center, Department of medicine, liver pool university, united king dom, 1998.
- 36- Clarence F., Clayne R, Sherald W, Willard M: Modern Techniques of TRACK and Fiel, Laef Febiger philadelphia p, 21, 2002.
- 37- Clarkson P.M.: Antioxidants and Physical Performance Crit, Rev, Food Sci. Nutr 35: 131 – 141, 1995 (Abstract).
- 38- Conenc S, Acikgz, Ouyal: The effect of acute exercise on skeletal muscle, kidney and small intestine antioxidant enzymes and lipid peroxidation. Turkishj. of sports med. I zmir, 3: 9 – 14 1998.

- 39- David et al: Changes in circulatory Antioxidant status in horses during prolonged exercise the American society for nutritional sciences J. Nutr, 132: 1622 – 1627 June, 2002.
- 40- Dawson B, Henry GJ, Goodman C, Gillam I, Beilby JR, Ching S, Fabian V, Dasig D, Morling P, Kakulus BA: Effect of vitamin C and E supplementation on biochemical and ultrastructural indices of muscle damage after a 21 km run, Department of human movement and exercise science, the university of western Australia, Nedlands, western, Australia, Jan; 23 (1): 10 – 5, 2002
- 41- Dekkers JC, Van Doornen LJ, Kemper HC: The Role of Exercise Induced Muscle Damage. Sport, Med 21: 213 – 238, 1996 (Abstract).
- 42- Di Prampero, P.E.: Energetics of muscular Exercise, Rev. Physiol. Biochem. Pharmacol., 89: 143 – 222, 1981.
- 43- Donalc W, Mass: Enzym tests in diagnosis, st edition, Allance Med – Book, London, 1996.
- 44- Dudek, IM, Kedziora J: Effect of a submaximal physical exercise on antioxidant. Enzymes in the erythrocytes of healthy men, Biol of sports war saw, 4: 227 – 237, 1994 .

- 45- Duthie GG, Robertson JD, Maughan RJ, Morrice PC:
Blood antioxidant status and erythrocyte lipid
peroxidation following distance running,
Biochemistry Division, Rowett Research Institute,
Bucksburn, Aberdeen, United Kingdom 1990.
- 46- Edward Coyle E: Physical Activity As Metabolic Stressor.
Am. J. Clinical Nutri, 72 (2) 512 – 5 – 5205, 2000
(Review).
- 47- Ekkekakis P, Hall Ee, Petruzello SJ: Intensity of Acute
Exercis and Affect: A critical, Reexamination f the
Dose – Response Relationship, Med Sci, Sports
Exerc, 33: 550, 2001.
- 48- Faria I: Cardiovascular responseto exercis as influenced
by Training of various intensities, Res, Quart ,
1990.
- 49- Forman HJ and Fisher AB: Antioxidant defenses, in
oxygen and living procesues An interdisciplinary
Approach. Edited by Gilbert DL P. 35, New York
Springer – verlag, 1982.
- 50- Frank Horwill: Does Vitamin C Supplementation improve
physical performance, Birming ham university,
England.

- 51- Frankiewicz Jozko A, Faff J, Sieradzan Gabelska B.: Changes in concentrations of tissue free radical marker and serum creatine kinase during the post-exercise period in rats, Department of Applied physiology, military Institute of hygiene and Epidemiology, warsaw, Kozielska, Poland, 1996.
- 52- Free Radicals and body Damage <http://americanroyalke-ly.com/antioxidants.html>.
- 53- Ganong FW: Endocrine function of the pancreas and the regulation of carbohydrate metabolism review of medical physiology. 15th middle east edition long medical book, 1991.
- 54- Gillam I: Antioxidants, exercise and tissues damage Excellera, Aust. 11-14, 1990.
- 55- Girotti A.W.: Lipid hydroperoxide generation, turnover, and effector action in Biological systems. J. Lipid Res; Vol. 39, 1529 - 1542, 1998 (Review).
- 56- Gollnick and king, D.W: Energy release in The muscle cell Med. Sci. sports, 1989
- 57- Gonenc S, Acikgozo, Semin I, Ozgonal H.: The Effect of moderate swimming exercise on antioxidant enzymes and lipid peroxidation levels in children, Department of Physiology, Dokuz Eylul university Medical Faculty Izmir, turkey, 2000.

- 58- Groussard C, Rannou Bokono F, Machefer G, Cheranne M, Vincert S, Sergent O, Cillard J, Gratas – Delamarche A.: changes in Blood lipid Peroxidation markers and antioxidant after a single sprint anaerobic exercise, Laboratoire de Physiologie et de Biomecanique de l'Exercice Musculaire, campus la, Harpe, Ufraps Rennes2, EA1274, Avenue Charles Tillon CS, 24414, 35044 Rennes cedex, France, 2003.
- 59 – Gunduz F. and Senturk UK.: the effect of reactive oxidant generation in acute exercise – induced proteinuria in trained and untrained rats, department of physiology, medical faculty, Akdeniz university, Kampus, 07070, Antalya, Turkey, Appl physiol. Nov; 90 (5-6): 526 – 32 Epub, Aug, 2003.
- 60- Halliwell B., and Gutteridge J.M.C: The chemistry of oxygen radicals and their oxygen derived species In Free Radicals in Biology and Medicine, New York: Oxford University Press, P.20-64, 1985.
- 61- Heunks LM, Vina J, Van Herwaarden CL, Folgering HT, Gimeno A, Dekhuijzen PN: Xanthine Oxidase is involved in exercise induced oxidative stress in chronic obstructive pulmonary disease, Department of pulmonary Diseases, University Hospital Nijmegen, 6500 Nijmegen, The Netherlands, Physiol, 277 (6 pt 2): R 1697 – 704, 1999.

- 62- Hunder, Wozniak, Czapowska, J: The Effect of graded exercise on changes in The activity of Antioxidant enzymes in Blood Of Wrestlers Biol.of sports Wasaw 1:21-28,1993.
- 63- Ischiropulos H., zhu, Becmanj, sarch. Biocem Biophys, 1 298 (2).446, 1992.
- 64- Jakeman p: Effect of antioxidant Vitamin supplementation on-Muscle flinction after eccentric, Eur-J- AppL. Physiol,426.430,1993.
- 65- Jankson MJ: Muscle damage during exercise: possible role of free Radicals and protective effect of vitamin E.proc.Nut. soc. 46.77-80,1987.
- 66- Janik A, Grabowska Maslanka H: The Effect of some antioxidants on the response of selected lipid compounds in myocardium of rats, Katedra patofizjologii, zaklad patofizjologii, Doswiadczalnej, collegium medicum uj; 37 (3 – 4): 29, 1996 .
- 67- Jan karlson PHD: Antioxidants and Exercise, champaign, Library of congress, 1997.
- 68- Jason Montfort: Generation of oxxygen Radicals dwring Exercise, specialised sports performance2001.

- 69- JI, L.L: Blood Glutathion status During Exercise, Effect of Cabohydrate suppleentation, 3. Appl. Phiol.,74:788-792,1993.
- 70- Jose Vina, Mari Carmen Gormen Gomez Cabrera, Analloret, Rafael Marquez, Juan B, Minana, Federico V. Pallardo and Juan Sastre: Free Radicals in Exhaustive, hysical Exercise Mechanism of production, and production by antioxidant, Valencia, spain, 2001.
- 71- kaczmarki, M., Jwojickicki, L. samochowiee, T. Dutiewicz, andz. sych: The influence of exogenous antioxidants and physical exercise on some parameters associated with production and removal, of free Radicals. Pharmazie54:303-306,1999[Abstract].
- 72- Kanter MM: Effect of Antioxidant Viitamin Mixtwe on lipid peroxidation Atrest and Postexercise, J. A (3), 20-25, 1994.
- 73- _____: Free Radicals, exercise and Antioxidant supplementation. Int. J., sport, Nutrsoc,57:9-13,1998[Review]

- 74- Kanter MM: Free Radicals, exercise and Antioxidant supplementation, Int. J. sport, Nutr., A (3) 20-25, 1994.
- 75- Karolkiewicz J, Szczesniak L, Deskur Smielecka E, Nowak A, Stemp R, Szeklicki R.: Oxidative stress and Antioxidant defense system in healthy, Men relationship to physical activity, Department of Hygiene, University school of physical Education, Jadwiji str. 27/39, 61-871. Poznan, Poland, 2003.
- 76- Kayatekin BM, Gonenc S, Acikgozo, Uysal N, Dayi A: Effects of sprint exercise on oxidative stress in skeletal muscle liver Dokuz Eylul University Medical school Department of physiology 353 Balçova, Izmir, Turkey, 2002.
- 77- Kevin crestwood, Missouri: What are Free Radicals, september, 2002.
- 78- Kostaka T: Physical Actevity Fitness And Antioxidantion system In Healthy active Eldery Women, mt. J-sports-Med. 19 (7): 426-1998.
- 79- Koyma k, Kaya M, Ishigakit, Tsujita J, Horis, Seino T, Kasugai: Role of xanthine oxidase in delayed lipid peroxidation in rat liver induced by acute exhausting exercise Department of physiology, Hyogo college of Medicine, Nishinomiya, Japan, 1999.

- 80- LaaKsonen De, Atalay M, N iskanen L, Uusit up AM, hanninen o, Sen ck: Blood Glutathione homeostasis As A Determinant of Resting and exercise – Induced Oxidative Stress In young men. redox rep, 4 :53 – 62, 1999 (Medline).
- 81- Lamb et al: Essentials of physiology 2nd Ed., Blackwell – scientific publication, New York, 1978.
- 82- Lawson DL, Chen L, Mehta JL: effects of Exercise Induced oxidative stress on Nitric oxide Release and Antioxidant activity AmJ cardiol, 80: 16 40-1642-1997 [Medline]
- 83- Leeuwenburg H C, Heinecke JW: Role of exercise and Its Influces on Antioxidant systems, ANN, N-Y-A cad-sci-20: 854, 1998.
- 84- _____: oxidative stress and antioxidants in exercise, center for Exercise science, Aging Biochemistry Laboratory, college of health and Human Performance, University of Florida, 2001.
- 85- Margaritis I, Tessier F, Richard MJ, Marconnet P.: oxidative stress after long distance race in highly trained athlities Int-J- Sports-Med 18 (3): 186-1997.

- 86- Maxwell S.R.: Changes in plasma antioxidant status during eccentric exercise and the effect of Vitamin supplementation, 1993.
- 87- Mays PA: Structure and function of the lipid soluble Vitamins. In Harper's Biochemistry (Murray R.K., Granner D.K., Mayes P. A and Rodwell (V.W. Eds) 25th Ed., Appleton and Lange, CA, USA Chapter, 53, pp 648-709, 2000.
- 88- _____: Nutrition. In: Harpers Biochemistry Murray R. K., Granner D.K., Mayes P.A and Rodwell V.W., Eds, 25th ED., Appleton and Lange, USA Chapter 54, pp 653 - 714 , 2000.
- 89- Members of the department of Biochemistry: Free Radicals and antioxidants, In: Review of Medical biochemistry, Vol., 2 chapter 3, PP 125-140, Assiut University, 2002.
- 90- Mills PC, Smith NC, Harris RC, Harris P: Effect of allopurinol on the formation of reactive oxygen species during intense exercise in the horse. physiology unit, Equine center, animal health trust, Suffolk, Jan; 62 (1): 11- 6, 1997.

- 91- Mine I Nal; Fahrettin Akyuz; Akin Turgut; Wade Mills
Gets Frid: Effect of aerabic and anaerobic
metabolism on free Radical generation swimmers,
the medical school, Osmangazi University, ESKI,
EHIR-TURKEY, 2001.
- 92- Murray. R. K: Muscle and the cytoske leton. In: Harper's
Biochemistry (Murray R.K., Granner D.K., Mayes
P. A and Lange CA, USA, chapter 58, PP 715-730,
2000 (Medline).
- 93- Miyazaki H, OH-ishi S, Ookawara T, Kizaki T,
Toshinaik, Has, Ha Jill, Ohno H: strenous
endurance Training in humans reduces odixative
stress following exhausting exercise, institute of
Health and sport Sciences, University of Tsukuba,
1-1-1 Tsuku 305-8 574, Japan. 2001.
- 94- Navarro E Schrdr H: Nutrition Antioxidants status and
oxidative stress in professional Basktaball players:
Effects of A three compound Antioxidants
supplement. Int. J. spots Med., 21:PP 146-150,
2000 [Medline].
- 95- Ortenblad N, Madsen K, Djurhuus MS: Antioxidant status
and lipid peroxidation after short term maximal
exericse in trained and untrained humans. Am J
Physiol A pr. 272 (4 pt2): R 1258-63. 1997.

- 96- Packer, L.: Oxidant, Antioxidant Nutrients and the Athlete. J Sports. sci; 15:353 - 416, 1997 {Medline}.
- 97- Peake JM: Vitamins : effects of exercise and requirements with training, school of human movement studies at the university of queensland, st Lucia, QLD 4072 , Australia , jun ; 13 (2) : 125 - 51 , 2003
- 98 - piercy RJ, Hinchcliff KW, Disilvestro RA, Reinhart GA, Baskin CR, Hayek MG, Burr JR, Swenson RA. Effect of dietary supplements containing antioxidants on attenuation of muscle damage in exercising sled dogs, department of clinical veterinary sciences, college of veterinary, medicine , the ohio state university , Columbus 43210, USA/ Nov; 61 (11) :1438 - 45, 2000.
- 99- Priscilla M Clarkson And Heather S Thompson. Antioxidants: what do they play in physical Activity and Health? Am. J. Clinical Nutr. Vol. 72 No. 2, 637s-646s, 2000, [Medline].
- 100- Rasanen LA, Wiitanen PA, Lilius EM, Hyyppa, Pos AR: Accumulation of uric acid in plasma after repeated bouts of exercise in the horse, department of basic veterinary sciences, faculty of veterinary medicine university of helsinki, finland, jun; 11 (2) 139 - 44 . 1996

- 101- Rebecca J. Bryant, Jeff Eyder, Paul Martino, Junghoun Kim, and Bruce, W. Crai G: effects of vitamin E and C supplementation either Alone or in combination on exercise – induced lipid peroxidation in trained, Cycists human performance laboratory ball state university munice, Indian 47306 vol.17 no. 4.pp. 792 – 800.
- 102- Reddy KV. Kumar Tc, Prasad M, Reddanna P.: Pulmonary lipid peroxidation and Antioxidant defenses during exhaustive physical exercise, the Role of vitamin E and selenium, Nutrition, Vol. (14) No. (5), pp (448-451), 1998.
- 103- Rokitzki L, Logemann E, Sagredos A.N, Murphy M, Wetzel – Roth, W.J: Lipid peroxidation and antioxidative Vitamins under extreme endurance stress, University Medical Hospital, Department of sports and Performance Albert-Ludwigs Universitat, Freiburg, Germany, 1994.
- 104- Sagara Y, Dargusch R, Chambers D, Davis J, Schubert D, and maher P.: cellular mechanisms of resistance to chronic oxidative stress. Free Radic Biol Med. Jun; 24 (9): 1375-1389, 1998 (Medline).

- 105- Sahlin K: Metabolic Fundamental in Exercise Med. Sci., Sports, 5: 137-146, 1973.
- 106- Saltin B. and Astrand P: Maximal oxygen Uptake in athletes. J. Appl. Physiol, 1987.
- 107- Schroder H, Navarro E, Moraj, Galiano D, Tramullas A: Effects of alpha tocopherol, beta-carotene and ascorbic Acid on oxidative, hormonal and enzymatic exercise stress markers in habitual training activity of professional basketball players, sports, Medicine, Barcelona, Department of Nutrition. Spain 2001.
- 108- Selamoglu S, Turgay F, Kayatekin BM, Gonenc S, Yslegen C: Aerobic and anaerobic Training Effects on the antioxidant enzymes of the Blood, Izmir sports, Health center, Turkey, 2000.
- 109- Semin I, Kayatekin BM, Gonenc S, Acikgoz O, Uysa LN, Delen Y, GU.: Lipid Peroxidation and antioxidant enzyme levels of intestinal renal and Muscle tissue after a 60 minutes exercise in Training mice, Department of physiology, Dokuz Eylul, University school of Medicine, Turkey, 2000.

- 110- Sen CK, Roy S, Packer L: exercise induced oxidative stress and antioxidant nutrients .in: maughan Rj , ed . international Olympic committee Encyclopedia of sports medicine: nutrition in sport. oxford united king dom: black well science Ltd (int) on line, pp 292 – 317 .2000 [medline].
- 111- Shermen W. M., et al: Effect of 42-2k m foot Race and subse Quent Rest Exercise on muscular strength and work capacity, New studies in Athletics I.A.A.F. Quarterly Magazine, septemper, 1987.
- 112- Skinner J. and Mclellan T.: The transition from aerobic to anaerobic metabolism. Res. Quart. Exer. Sports., 51: 234-248-1980.
- 113- Smith J.A: Exercise, TR aining and red Blood Cell turnover, sports, Med. (Autckland, N-Z) 1: 9-31, 1995.
- 114- Susan M. Kleiner, PHD, RD: Antioxidant Answers the physician and sports Medicine, 1996.
- 115- Tauler P, Aguilo A, Gimeno I, Fuentespina E, Tur JA, Pons A.: Influence of vitamin C diet supplementation on endogenous antioxidant defences during exhaustive exercise, laboratori de ciencies de I. Activitat Fisica, Dept Biologia Fonamentali ciencies de la salut, Universitat de les lles Balears, crta. Valdemossa, 7, 5, 0701, Palma de Mallorca, Balearic, Islands, Spain, 2003.

- 116- Taylor, A., Thayer, R., and Rao S.: Human Skeletal muscle glycogen synthetase activities with exercise and training. Can. J. Physiol Pharmacol, 2000.
- 117- Thompson D, Williams C, Kingsley M, Nicholas CW, Lakomy HK, MC Ardle F, Jackson MJ.: Muscle soreness and damage parameters after prolonged intermittent shuttle-running following acute Vitamin C supplementation, Human Muscle Metabolism Research Group, Loughborough University, Leicestershire, 2001.
- 118- _____: Prolonged Vitamin C supplementation and recovery from demanding exercise. Department of sport and exercise science at the University of Tath, UK, 2001.
- 119- Tidus PM, Pushkarenko J, Houston ME.: Lack of Antioxidant adaptation to short term aerobic training in Human Muscle, AM. J. Physiol., 27 (4pt 2), p 832-6, 1996.
- 120- Tony Ashton, Ians. Young, John R. Peters, Eleri Jones Simon K. Jackson, Bruce Davies, and Christophe C. Rowlands.: Electron spin resonance spectroscopy, exercise and oxidative stress: an ascorbic acid intervention study, school of applied sciences, university of Glamorgan, Pontypridd Wales, CF 37 1DL. Appl Physiol 87: 2032-2036 1999.

- 121-Vasankar TJ: Increased serum and low-density lipoprotein antioxidant potential after antioxidant supplementation in endurance Athletes, Am-J-Clin, Nutr, 1052-1056, 1997.
- 122-Venditti P, Di Meo S.: Effect of Training on antioxidant capacity, tissue damage and endurance of adult male rats Dipartimento di fisiologia general ed amdientale universita di napoli, Italy. Int J sports Med. oct; 18 (7): 497-502, 1997.
- 123-Vesovic D, Borjanovic S, Markovic S, Vidakovic A: Strenuous exercise and action of antioxidant enzymes, Institute of occupational Health Dr. Karajovic, clinical center Deligradska 29, 11000 Belgrade, yugoslavia, Nov. Dec; 93 (6): 540 – 551, 2002.
- 124-Vina J, Gimeno A, Sastre J, Desco C, Asensi M, Pallardo FV, Cuesta Ferrero JA, Terada LS, Ropine JE: Mechanism of Free Radicals Production in exhaustive exercise in Humans and rats: role of Xanthine oxidase and protection by allopurinol. IUBMB life Jun; 49 (6): 539 – 44, 2000.
- 125- Vitamin C 1-7 (Net) [http://WWW.exrx.net/Nutrition/Antioxidants/ Vitamin c.html](http://WWW.exrx.net/Nutrition/Antioxidants/Vitamin%20c.html).

- 126- Waring WS, Webb DJ, Maxell SR.: systemic uric Acid administration increases serum antioxidant capacity in healthy volunteers, clinical pharmacology unit and Research centre Department of Medical sciences, The University of Edinburgh, Edinburgh Sept.; 38 (3) 365-71), 2001.
- 127- White A Estrada M, Walker K, Wisnia P, Filgueira Valdes F, Araneda O, Behn C, Martinez R.: Role of exercise and ascorbate on plasma antioxidant capacity thorough bred race horses, Biomedical sciences Institute, Faculty of Medicine, University of Chile, P.O. Box 70005, 7, Santiago, Chile, 2001.
- 128- Winder W.W.: Regulation of hepatic glucose production during exercise. Exercise and sports science review, New York, 13.1985.
- 129- Yanai H, and Morimoto M.: Effect of Ascorbate on serum lipids and urate metabolism during exhaustive training, Department of Internal Medicine, Sapporo Self. Defense Hospital Sapporo 062-8610, Japan, Jan; 106 (1): 107-9, 2004.