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The Change of Biochemical Indicators of Urine of Young soccer Athletes after Match

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Objective It is an important content in scientific training that Scientific and effective assessment of athletes' physical function changes. By analyzing the changes of several urine biochemical indexes after the athletes' competition, the physical function and recovery of the athletes are timely understood and the basis of scientific training is provided for the coaches.

Methods Urine biochemical indexes after 5 warm-up matches of 10 first athletes were measured with ten portable urine test instruments, including nitrite (NIT), acid alkalinity (pH), urine sugar (GLU), urine protein (PRO), urinary occult blood (BLD), urinary ketone body (KET), urinary bilirubin (BIL), urinary bilirubin (URO), urine specific gravity (SG), white blood cell (WBC). And statistics the positive rate.

Results The urine protein and urine bilirubin were found in different degrees after the competition. The urine protein of the backfielder and the back waist was (+ + +) or (+ +). Some of the next day morning recovered normal or weak positive, the urine protein of a few athletes was (+); some of the players' Urine Bilirubin (+), the few accompanied by urinary occult blood, the positive rate was low, most of them were low. The morning urine of a number of athletes returned to normal. After the competition, the urine specific gravity of athletes was more than 1.030, and no change was observed in the morning. Other indicators did not change significantly after the match and the following morning.

Conclusions Changes in urine biochemical indicators reflect the athletes' body by the competition load stimulation, in which urine protein and urine bilirubin are more sensitive to exercise load. The difference of the change degree of urine biochemical indexes in different position athletes suggests the individual differences of athletes, and also suggests the development trend of the competition, which is in line with the competitive level of the other players.