

荣湘江, 张娟, 梁丹丹. 运动对大鼠胰岛素样生长因子- I 影响的研究[J]. 中国康复医学杂志, 2008, (5): 423-425

运动对大鼠胰岛素样生长因子- I 影响的研究 [点此下载全文](#)

[荣湘江](#) [张娟](#) [梁丹丹](#)

首都体育学院保健康复教研室, 北京北三环西路11号, 100088

基金项目: 北京市教委2005年科技类面上项目 (KM200510029001)

DOI:

摘要点击次数: 118

全文下载次数: 138

摘要:

目的: 探讨运动对胰岛素样生长因子- I 的影响, 并研究运动与血清IGF- I 的相关性。方法: 将104只45日龄SD雄性大鼠随机分为4组, 分别为对照组、实验1、2、3组, 实验组做同一速度、不同持续时间 (15、30、60min) 的跑台运动, 分时间段采血检测各组血清IGF- I 的浓度。结果: ①实验组运动后即刻大鼠血清IGF- I 值升高, 与对照组相比差异有显著性 ($P < 0.05$), 但是与运动强度不呈完全的线性关系。②大鼠血清IGF- I 运动后呈现先升高再下降的趋势, 最高值 (410.52 ± 12.44) 出现在30min跑台运动后休息10min时。结论: 运动使大鼠血清IGF- I 值升高, 但与运动强度、运动时间不完全相关。

关键词: [运动](#) [运动持续时间](#) [胰岛素样生长因子- I](#)

Research about the effect of sport on insulin-like growth factor-I of rats [Download Fulltext](#)

The Studies' Section of Health Care and Rehabilitation of Sports of Capital Institute of Physical Education, Beijing, 100088

Fund Project:

Abstract:

Objective: To research the correlation between sport and serum concentration of insulin-like growth factor- I (IGF- I). Method: SD rats were randomly separated into four groups: control group and experimental 1, 2, 3 groups. Experimental groups were engaged to do exercises for various duration (15, 30, 60min) with the same speed. Then serum concentration of IGF- I in each of experiment period were detected. Result: ① Compared with control group, sport would elevate the serum concentration of IGF- I significantly, but it was not complete linear relationship between serum IGF- I and exercises intensity. ② The trend of changing of IGF- I was increasing at first and then going down, maximum of IGF- I was 410.52 ± 12.44 appearing at resting for 10min after 30min exercises on treadmill. Conclusion: Sport would elevate the serum concentration of IGF- I, but was not relative to exercises intensity and duration.

Keywords: [sport](#) [exercises duration](#) [insulin-like growth factor- I](#)

[查看全文](#) [查看/发表评论](#) [下载PDF阅读器](#)

您是本站第 258008 位访问者

版权所有: 中国康复医学会

主管单位: 卫生部 主办单位: 中国康复医学会

地址: 北京市和平街北口中日友好医院 邮政编码: 100029 电话: 010-64218095 传真: 010-64218095

本系统由北京勤云科技发展有限公司设计