

บรรณานุกรม

ชูศักดิ์ เวชแพทย์. ระบบไหลเวียนเลือด: สรีริวิทยาของรกรอกกำลังกาย. พิมพ์ครั้งที่ 1: กรุงเทพฯ หน้า 22, 2519.

นักกฎหมาย ลีลาธุ่งและคณะ. การศึกษาการ ตอบสนองการเปลี่ยนแปลงของปริมาณไฮดรเจนperoxide ออกไซด์ในเลือดจากการทดสอบด้วยการออกกำลังกายอย่างหนักระหว่างกิจกรรมทางกายภาพกับคนปกติ. เชียงใหม่. 2548.

โอกาส วัชระคุปต์. สารต้านอนุมูลอิสระ Radical Scavenging Agent. กรุงเทพฯ: พี.เอ.ส.พรินท์, 2549.

Philadelphia. Lippincott Williams and Wilkins. ACSM's Guidelines for Exercise Testing and Prescription 2007 7thed

Anne MW. Petersen and Bente Karlund Pedersen. The anti-inflammatory effect of exercise. J Apple Physiol, 98: 1154-1162, 2005.

Antoni A, Pedro T, Emeilia F, Josep AT, Alfredo C, Antoni P. Antioxidant response to oxidative stress induced by exhaustive exercise. Physiology and Behavior; 84:1-7, 2005

Armstrong RB, Warren GL, Warren JA. Mechanisms of exercise-induced muscle fibre injury. Sports Med.;12(3):184-207,1991.

Aslan R. Effect of acute and regular exercise on antioxidatve enzyme, tissue damage marker and membrane lipid peoxidation of erythrocytes in sedentary student. Tr.J.of Medical Science; 28: 411-414, 1998.

Bagby GJ, Sawaya DE, Crouch LD, et al. Prior exercise suppresses the plasma tumor necrosis factor response to bacterial lipopolysaccharide. J Apple Physiol; 77(3): 1542-7, 1994.

Baumgartner TA, Jackson AS. Maximum treadmill test. In: Measurement for evaluation in physical education and exercise science 6th ed. USA: The McGraw-Hill Companies, 1999. 253.

- Beraten DN, Onuchic JN, Winkler JR, Gray HB. **Electron – tunneling pathway in proteins**, Science;258(5095) : 1740 – 1741, 1992
- Brites FD, Everton PA, Christiansen MG, Nicol NF, Basilico MJ, Wikinski RW, Llesuy SF. **Soccer players under regular training show oxidative stress but an improved plasma antioxidant status**. Clin Sci; 96: 381-385, 1996.
- Cazzola R., Russo-Volpe S., Cervato G. and Cestaro B. **Biomechanical assessment of oxidative stress, erythrocyte membrane fluidity and antioxidant status in professional soccer player and sedentary controls**. Eur. J. Clin. Invest; 33: 924-930, 2003.
- Copper CE, Vollaard NB, Choueiri T, Wilson MT. **Exercise, free radicals and oxidative stress**. Biochem. Soc. Trans; 30:280 – 285, 2002.
- Davies KJA. **Free Radical and Oxidative stress : Environment, Drugs and Food Additives** London : Portland Press, 1995
- Esma SG, Adum E, Zehra S, Hakan G. Influence of acute exercise on oxidative stress in chronic smokers; 2: 89-93,2003.
- Esperson GT, Elbaek A, Emst E, et al. **Effect of physical exercise on cytokines and Lymphocyte subpopulations in human peripheral blood**. APMIS; 98(5): 395-400, 1990.
- Feng JY, Chen JL. **Exercise and immunology**. Chinese Journal of Sports Medicine; 11(4): 226-8, 1992.
- Giuliani A, Cestaro BB. **Exercise, Free radical generation and vitamin**. Eur Cand Pre. : 6 ; 355-67, 1997.
- Goldfarb AH. **Nutritional antioxidants as therapeutic and preventive modalities in exercise-induced muscle damage**. Can J Appl Physiol; 24(3): 249-266, 1999.
- Halliwell B, Long LH, yee TP, Lim S, Kell R. **Establishing biomarkers of oxidative stress : the measurement of hydrogen peroxide in human urine**. Curr Med Chem; 11(9): 1085-92, 2004.
- Halliwell, Gutteridge JMC. **Free radicals in biology and medicine**. 2nd ed. Oxford: Calrendon Press, 1989.

- Halliwell, Gutteridge JMC. **Mechanism of damage to cellular target by oxidative stress: Lipid peroxidation.** New York: Oxford University press; 295, 1989.
- Kemal U, Mit E, et al. **Exercise-induced oxidative stress affects erythrocytes in sedentary rats but not exercise-trained rats.** J Appl Physiol; 91: 199-2004, 2001.
- Helmut S. **Oxidative stress: Oxidants and Antioxidant.** London: Edmundsbury press; XV-XVI, 1991.
- Lawrence A, Gary JB, Michael JB, Shala ED, Brenda MD, Kevin PD, et al. ACSM's Guidelines for Exercise Testing and Prescription. **Philadelphia: A Wolters Kluwer Company;** 2005.
- Leeuwenburgh C and Heinecke JW. **Oxidative stress Antioxidant in Exercise.** Current Medical Chemistry; 8: 829 – 838, 2001 Clarkson PM, Hupal MJ. **Exercise-induced muscle damage in humans.** Am J Phys Med Rehabil; 81: 52-69, 2002.
- Leeuwenburgh C and Ji LL. **Glutathione and Exercise.** [Online]. Available. <http://www.sportsci.org/encyc/drafts/Glutathione.doc>
- Mastaloudis A., Ceonard SW, Traber MG. **Oxidative stress in athletes during extreme endurance exercise.** Free Radic Biol Med; 1; 31(7) :911 – 922, 2001.
- McArdle WD. **Human energy transfer during exercise.** In: Essentials of exercise physiology 2nd ed. USA: Lippincott Williams & Wilkins, 125-9,2000.
- Michael G. **Immune function and exercise.** European Journal of Sport Science, 4(3): 52-63, 2007.
- Nieman DC, Johansen LM, Lee JW, Arabatzis K. **Infectious episodes in runners before and after the Los Angeles Marathon.** J Sports Med Phys Fit 30:316-28, 1990.
- Neiman DC. **Exercise, infection and immunity.** Int J Sports Med 15: S131-S141, 1994.
- Norman B, Sollevi A, Kaijser L, Jansson E. **ATP breakdown products in human skeletal muscle during prolonged exercise to exhaustion.** Clin Physiol 1987;7(6): 503-10.

- Recep D, Remzi Y, Salih G, Hakim Celik, Abdurrahim Kocyigit, Erel Ozcan. **Effects of treadmill exercise test on oxidative/antioxidative.** Parameter and DNA damage; 6: 135 40,2006.
- Schwane JA, Watrous BG, Johnson SR and Armstrong RB. **Is lactic acid related to delayed-onset muscle soreness.** Physician and sportsmedicine; 11(3) :124-131,1983
- Sjodin G, Rosenqvist M, Kriegholm E, Nordenstrom J, Bjorkhem I. **Verapamil increases serum alkaline phosphatase in hypertensive patients.** J Intern Med; 228(4): 339-342, 1992
- Smith J. Guidelines A. **Standard and perspectives in exercise immunology.** Med Sci Sports Exer; 27(4): 496-505, 1995.
- Starkie RL, Rolland, J, Angus DJ, Anderson MJ, Febbraio M. **Circulating monocytes are not the source of elevations in plasma IL-6 and TNF-alpha levels after prolonged running.** Am J Physiol Cell Physiol 280:C769-74, 2001.
- Steensberg A, Fischer CP, Keller C, Moller K, Pedersen BK. **IL-6 enhances plasma IL-1ra, IL-10, and cortisol in humans.** Am.J Physiol Endocrinol.Metab 285:E433-37, 2003.
- Steven T. Baskin and Harry Salem. **Oxidants and Free radicals.** Taylor&Francis press; 6, 26-27,1997.
- Tharp, Gerald D. **Effect of aerobic training on malondialdehyde excretion.** The Journal of strength&Condition Reserch; 9(4), 1995.
- Tidball JG. **Inflammatory cell response to acute muscle injury.** Med Sci Sports Exerc.Jul;27(7):1022-32,1995.
- Yagi K. **Lipid Peroxide and Exercise.** Med Sci Sport Sci; 21: 37–40, 1992.
- Yu BP. **Cellular defense against damage from reactive oxygen species.** Physiol. Rev.; 24: 139-162, 1994.
- Yuen JW, Benzie IF. **Hydrogen peroxide in urine as a potential biomarker of whole body oxidative stress.** Free Radic Res;37 : 1209 – 13, 2003.
- Zhendong Zhang, Lei Zhang, Jing Xu. **The effects of different exercise training mode on interleukin.** Med Sci Sports Exerc 4(3): 82–86, 2007.