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Annals of Biological Research

Abstract

[Relationship between strength and power as well as](#)

testosterone/cortisol ratio in male weightlifters

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Introduction: Performance of weightlifters mainly depends on their strength and power.The use of testosterone and cortisol ratio as a method to monitor anabolic/catabolic state in athletes and to predict athletic performance is important. The purpose of this research is considering of relationship between strength and power as well as testosterone/cortisol ratio in male weightlifters. Materials and Methods: This descriptive study was performed by 20 weightlifters that participated voluntarily. The following Strength and power tests were administered to the subjects over a two day period. The blood samples were taken before performance tests and testosterone and cortisol concentrations were assayed. Correlations between the variables were calculated using the Pearson product moment correlation coefficient at P?0.05. Results and Conclusion: The results indicated a high or very high significant correlation between T/C ratio and maximum strength and power performance in weightlifters (P?0.05). The results of this study and the strong association between strength and power as well as T/C ratio propose that coaches and investigators can use the T/C ratio for exercise planning and aware of athletics performance as an appropriate marker for predicting of male weightlifters performance.

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