

ABSTRAKT

Name of physis:

Hormonal changes as an indicator for overtraining

Objectives of work: The aim is to find out whether you can find in the hormonal responses to an accurate indicator incipient overtraining, which could be used in practice and monitoring could be prevent the development of the burdensome for athletes to state.

Method: Retrieval processing information obtained from the available publications.

Information sources: subject-specific bibliographies, abstracting journals, online and offline databases, library catalogs, Web sites, textbooks, handbooks, monographs significant; periodicals (professional titles magazines, mailing lists, newspapers, journals, newsletters, bulletins, yearbooks); research and development reports, Master's, and doctoral dissertation; electronic Documents (CD-ROM, online documents accessible via the Internet).

Results: The aim of this study is to search to get the most possible information available on the issue of chronic maladaptation and the influence of hormonal changes on this issues - etiology, pathogenesis, symptomatology, diagnostic methods, therapeutic approaches and the effect of therapy, the prognosis of disease development. to compare Experts' opinions of various medical sectors. The question which is whether the offer can be in hormonal responses to find an accurate indicator of incipient overtraining, which would could be used in practice and monitoring could prevent the development of the athletes and burdensome condition.

Key words : overtraining, maladaptation, chronical fatigue, depression, biochemical markers, hormonal dysfunktion