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Archival Issues	Effects of endurance training on gonadal fat pad and ventricular mass in rat
Volume 27, 2010 Volume 26, 2009 Volume 25, 2008 Volume 24, 2007 Volume 23, 2006 Volume 22, 2005 Volume 21, 2004 Volume 20, 2003	N Oztasan, H Timur, E Siktar, K Gumustekin, S Akar, S Dane, M Gul, <u>Biol Sport</u> 2007; 24 (3): ICID: 890556 Article type: Original article IC [™] Value: 9.36 Abstract provided by Publisher
Search	It has been reported that gonadal fat pad correlates well with the body fat in mice. The
Newsletter	effects of endurance training on gonadal fat pad and also on ventricle mass in rat were tested in this study. Eight week treadmill training increased the endurance time and
Authors Pathway	distance run in trained rats compared with sedentary rats. Endurance training decreased
Information for Authors	the weight of the left gonadal fat pad and also proportional gonadal fat pad in rats. However, Lee index, weights of the ventricles, kidneys, and testicles were not affected. The decrease in gonadal fat pad by eight week treadmill training in rat, suggests that endurance training may affect the body composition in favor of other tissues than adipose tissue probably by increasing the consumption of fats rather than carbohydrates to provide energy. Lee index, which is an obesity index used in rodents, may not be sensitive enough to detect small alterations in body fat in rats reflected as decreased gonadal fat pad by training in our study. Ventricular function should have improved to increase endurance by 8 week treadmill training not necessarily increasing the ventricular mass in our study.
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