KEANE, K., DOLAN, E., BURGESS, K., HOWATSON, G. and BERMANO, G. 2014. Impact of high intensity interval training (HIIT) and/or selenium (Se) supplementation on oxidative stress and antioxidant status in active females. Presented at the 19th European College of Sport Science (ECSS) annual congress 2014 (ECSS 2014): sport science around the canals, 02-05 July 2014, Amsterdam, The Netherlands.

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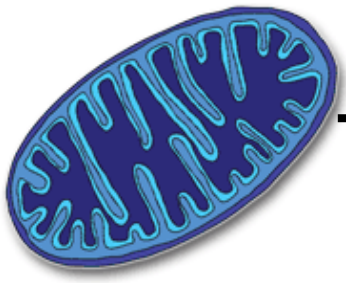
KEANE, K., DOLAN, E., BURGESS, K., HOWATSON, G. and BERMANO, G.

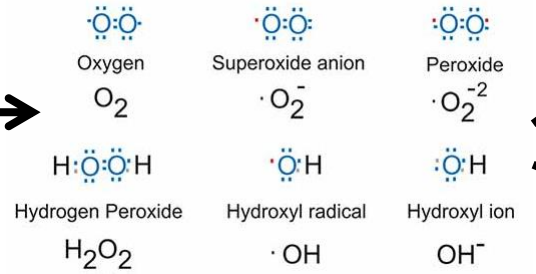
2014

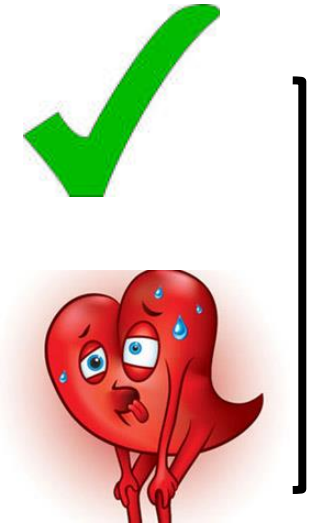
Impact of HIIT and/or Selenium Supplementation on Oxidative Stress and Anti-Oxidant Status in Active Females

Keane, K.[1], Dolan, E.[2], Burgess, K.[2], Howatson, G.[1] & Bermano, G.[2]

[1] *Northumbria University*
[2] *Robert Gordon University*

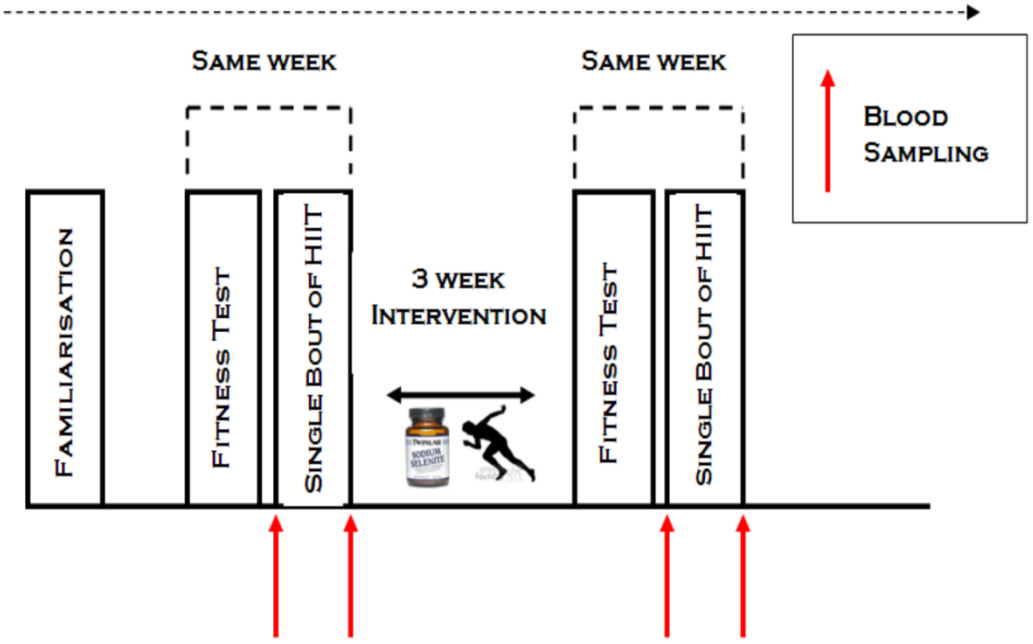


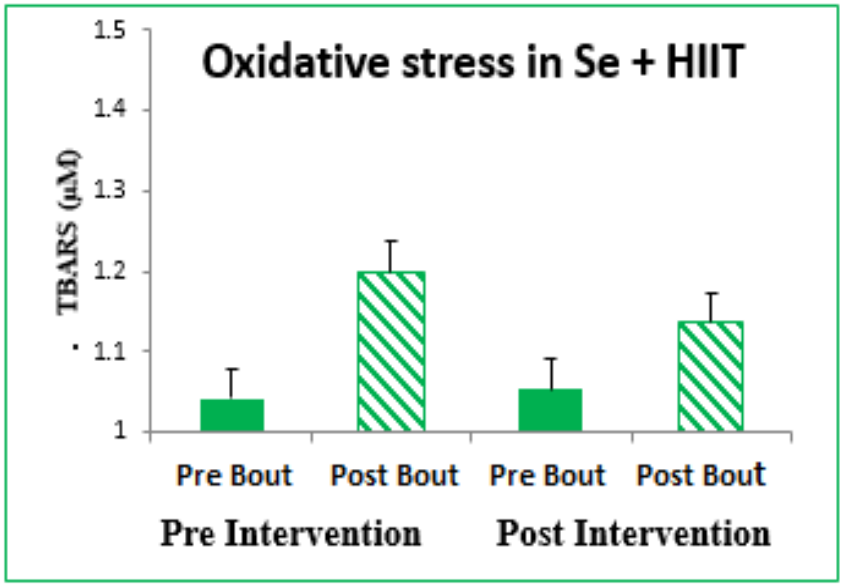


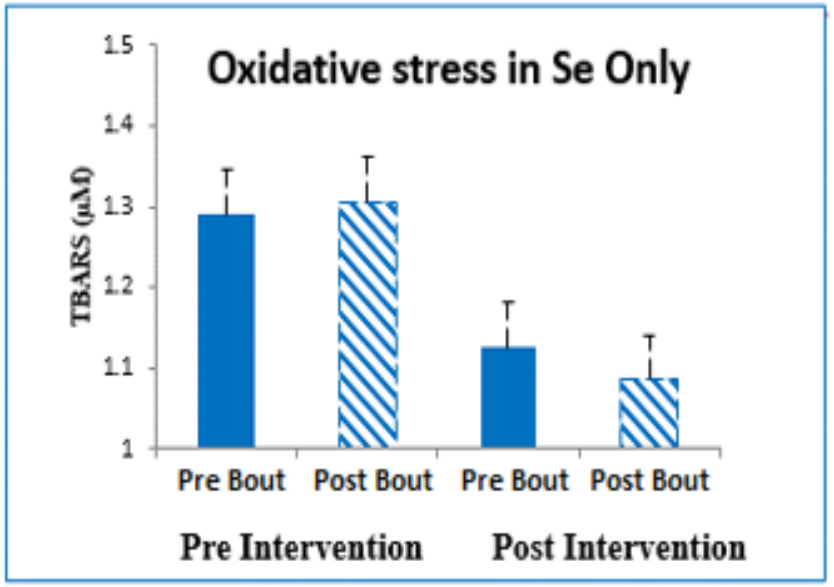


AIM

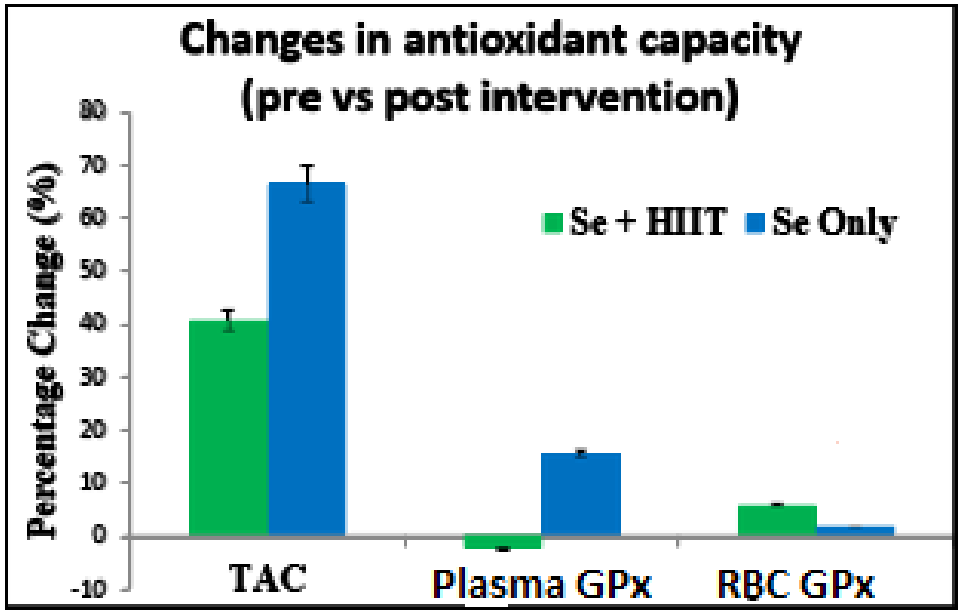
Evaluate the effect of HIIT and / or Se supplementation on exercise induced oxidative stress, antioxidant status and fitness levels in physically active females.



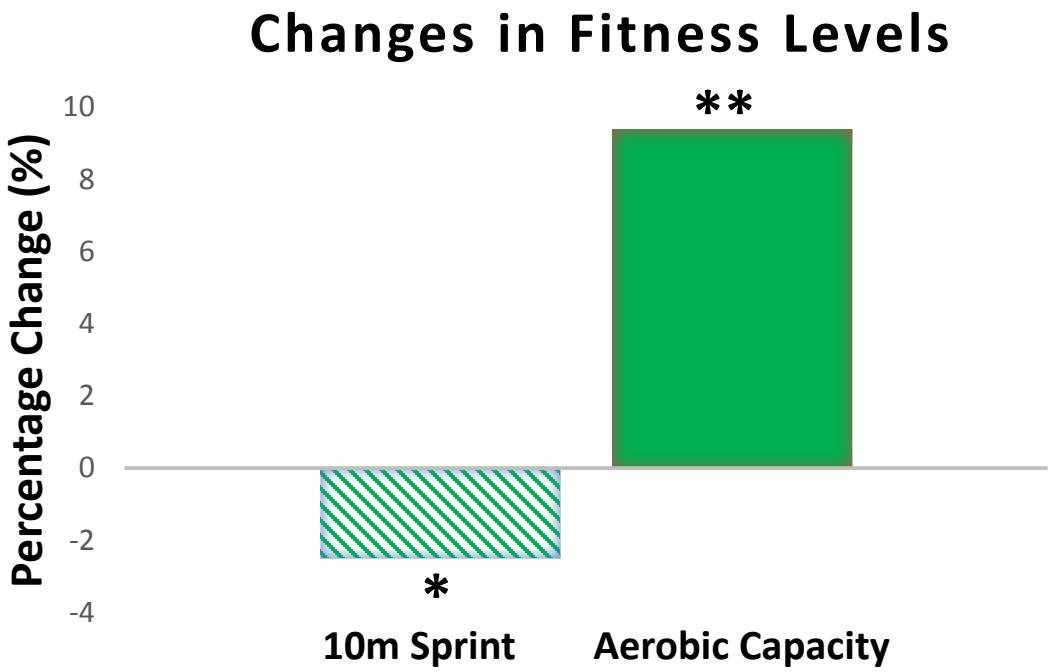




- **HIIT training + Se supplementation or Se supplementation alone reduced oxidative stress response to a single bout of High Intensity Interval exercise**



- **Total Antioxidant capacity increased most after Se supplementation**
- **Plasma GPx activity increased after Se supplementation**
- **RBC GPx activity increased most after HIIT and Se intervention**



Whilst there were no significant differences, some trends were observed which highlights a potential benefit of Se (and possibly HIIT) in reducing oxidative stress and increasing antioxidant status post high intensity interval exercise in females engaged in intermittent sports.