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Taylor & Francis
Taylor & Francis Group**Anthropologist 27(1-3): 32-36 (2017)**
DOI: 10.1080/09720073.2017.1311685

Endurance Performance According to Circadian Cycle

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ABSTRACT The aim of this study was to investigate the endurance performance according to the Circadian Cycle. For this aim, 38 male students studying at the Faculty of Sports Sciences (age between 20-27 years) participated in the study. 20 m Shuttle Run test was used to measure the aerobic endurance of the performance. The measurements were taken in the morning (09:00am), afternoon (2:00pm) or evening (7:00pm) time. The test sessions were performed in a random order. For the statistical analysis Friedman Two Way Variance analyses and Wilcoxon Signed Rank test were used. The results of the study showed that the number of shuttles were found to be higher in the afternoon than in the morning time ($p < 0.0167$). Although there is no statistically significant difference, the number of shuttles were found more in the afternoon than the number of shuttles in the evening. As a conclusion, the best aerobic performance was performed in the afternoon. Due to the presence of such a difference, the measurement times have been noted for future scientific studies.