

TABLE OF CONTENTS

	Page
ACKNOWLEDGMENTS.....	iii
ABSTRACT.....	iv
LIST OF TABLES.....	ix
LIST OF FIGURES.....	x
STATEMENT AND SIGNIFICANCE.....	1
LITURATURE REVIEW	4
RESEARCH DESIGNS.....	32
METHODS.....	34
RESULTS.....	55
DISCUSSION.....	79
REFERENCE.....	88
APPENDIX.....	104
VITA.....	120

LIST OF TABLES

Table	Page
1 Alteration of physiologic parameters in aging.	7
2 Comparison of age and general data between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) at the beginning (week 0) of the experiment.....	57
3 Score of estimate dietary intake in exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) at the beginning (week 0) of the experiment.....	58
4 Effect of exercise training on physical fitness in exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....	61
5 Effect of exercise training on total antioxidant capacity (TAC), malondialdehyde (MDA), vitamin E and blood lipid profile level in exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....	69

LIST OF FIGURES

Figure	Page
1 Free radical and damages of membrane.....	13
2 Role of lipoproteins in atherosclerosis.....	14
3 Vitamin E structures.....	18
4 Pathways for the absorption and preferential delivery of vitamin E to peripheral tissues.....	19
5 Summary overall aspects of lipoprotein metabolism and transport.....	23
6 Summary of aspects of lipoprotein metabolism and transport.....	26
7 Exercise and generation of adenosine.....	30
8 Measurement of skinfold by using Lange skinfold caliper.....	37
9 Chart for prediction of maximum oxygen uptake from the heart rate response to submaximal workloads.....	41
10 Comparison of serum vitamin E level between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....	59
11 Comparison of systolic blood pressure between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....	63

- 12 Comparison of mean arterial pressure between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....64
- 13 Comparison of maximum oxygen consumption between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....65
- 14 Comparison of percent body fat between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....67
- 15 Comparison of lean body mass between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....68
- 16 Comparison of serum cholesterol between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....71
- 17 Comparison of serum LDL-C between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....72
- 18 Comparison of the HDL-C/LDL-C ratio between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....75

19 Comparison of the TC/HDL-Cratio between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise at various time of the experiment.....76

20 Comparison of serum total antioxidant capacity between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise in various time of the experiment.....77

21 Comparison of serum malondialdehyde between exercise training group (gr.A) and exercise training plus vitamin E supplement group (gr.B) 48 hours after exercise in various time of the experiment.....78

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ABBREVIATIONS

%BF	percent body fat
μl	microliter
μmol/L	micromole per liter
°C	degree Celcius
4-AAP	4-amino antipyrine
ABTS	2,2'-azinobis-(3-ethylbenzothiazoline-6-sulphonic acid)
ANOVA	analysis of variance
ATP	adenosine-5-phosphate
B.U.N	blood urea nitrogen
BD	body density
BF	body fat
bpm	beat per minute
BW	body weight
CAT	catalase
Ca ⁺⁺	calcium ion
Cl	chlorine
cm	centimeter
CO	cardiac output
CO ₂	carbondioxide
DAP	dihydroxyacetone phosphate
EKG	electrocardiogram

EST	exercise stress test
et al	and colleagues
FBS	fasting blood sugar
Fe ²⁺	ferrous ion
Fe ³⁺	ferric ion
g	gram
g/dl	gram per deciliter
GK	glycerol kiness
GPO	glycerolphosphate oxidase
GPX	glutathione peroxidase
GSH	glutathione
GSSG	glutathione disulfide
H ⁺	hydrogen ion
H ₂ O ₂	hydrogen peroxide
HDL	high density lipoprotein
HR	heart rate
HRmax	maximum heart rate
HRR	heart rate reserve
IU	international unit
K ⁺	potassium ion
kpm	kilopoundmeter
kpm/min	kilopound meter per minute
L [•]	lipid radicals
LBM	lean body mass

LDL	low density lipoprotein
LH	lipid reduced form
LO [•]	lipid peroxy radical
LOOH	lipid hydroperoxide
MDA	malondialdehyde
mEq	milliequivalent
Met Mb	metmyoglobin
mg	milligram
mg/dl	milligram per deciliter
ml	milliliter
mM	millimole
mmol/L	millimole per liter
mV	millivoltage
Na ⁺	sodium ion
nm	nanometer
NSS	normal saline solution
O ₂ ^{•-}	superoxide anion or superoxide radical
O.D.	optical density
O ₂	oxygen molecule
OH ⁻	hydroxide ion
OH [•]	hydroxyl radical
oxLDL	oxidized low density lipoprotein
PBS	phosphate buffer saline

RDA	recommended dietary allowances
ROS	reactive oxygen species
rpm	round per minute
SEM	standard error of means
SOD	superoxide dismutase
TAC	total antioxidant capacity
TCA	trichloroacetic acid
TBA	thiobabaturic acid
TBHB	3-hydroxy-2,4,6-tribromobenzonic acid
TEP	tetraethoxypropane
VLDL	very low density lipoprotein
VO _{2,max}	maximum oxygen consumption
WBC	white blood cells
wk	week