

Salivary Cortisol Concentrations in Athletes of Opposing Disciplines

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Abstract

The overall purpose of this study was to identify consistent variations in salivary cortisol levels within two opposing athletic disciplines. Saliva samples were obtained from athletes currently training in power and endurance disciplines in pre-workout, post-workout, and 4-6 hour post-workout intervals on six separate days. The samples were then tested via ELISA and statistically analyzed to obtain results. Overall salivary cortisol levels were found to be significantly higher in endurance trained athletes. Minor variations were recognized within the testing intervals of power-trained athletes; however, extreme variations were distinguished within the testing intervals of endurance-trained athletes. Findings indicate that the two opposing training disciplines consistently induced variations of cortisol release.