profile. But a statistically significant difference of C/H ratio, LDL and HDL-cholesterol was found in walkers as compared with other groups. On the basis of the results we can conclude that competitive sport training has beneficial effect on serum lipid profile and endurance-directed activity has more favourable effects on lipid parameters.

18 STUDY OF LIPID PROFILE OF TRAINED AND UNTRAINED POPULATION

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The aim of the present study was to determine the effect of competitive training on serum lipid profile. Three groups of subjects were studied, that is, walker (n = 11), boxers (n = 11) and sedentary subjects (n = 11). Triglycerides, cholesterol/HDL cholesterol ratio (C/H ratio), total cholesterol and its fractions – HDL, LDL and VLDL cholesterols were determined in serum by an enzymatic/colorimetric method. Result shows that sedentary subjects have least favourable concentrations of lipid

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