

135 **CONSIDERING EFFECT OF LIQUIDS USE ON CORTISOL STRESSING HORMONES, EPINEPHRINE AND NOREPINEPHRINE WHILE LONG TIME IN HOT WEATHER**

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To study effect of liquids use on cortisol stressing while long time (90 min) practice in hot weather is the main purpose of this research. In this research, two arbitrary groups of students in football team at Islamic Azad University of Shoushtar were selected and tested namely test and control groups. The applied effect of eating carbohydrates while 90 min practice of bicycle riding in minutes of 26, 56 and 86 in test groups is studied; of course it was wanted from each group to control their diet. The applied results were analysed with SPSS and the main theoretical result is that using carbohydrate liquids while long time practicing in hot weather on football players has positive effect that should be valued in feeding diet of coaches.