

## **EFFECT OF FOOTBALL COACHING ON TOTAL LEUKOCYTE COUNT**

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### **ABSTRACT**

*The purpose of the study was to investigate the changes in Total Leukocyte Count (TLC) before and after football coaching in Kakatiya University students of Warangal, Andhra Pradesh, India. The objective is to know the effect of football coaching on total leukocyte count to establish the relationship between the leukocytes and as such the immunological relationship in comparison to the sedentary individuals. For this study we had selected 30 male students of Kakatiya University, Warangal, between the age group of 18-22 years. To study the TLC variation, blood samples were collected before football coaching and 6 months after football coaching. The changes in TLC were analyzed by using unpaired student's t-test. There was an increase in TLC after football coaching when compared to pre football coaching with a 'p' value of 0.0001. The results suggest that football coaching induced an increase of Total Leukocyte Count by corticosteroid induced release of leukocytes from the bone marrow reserve, a pool of non-proliferating cells.*