

Abstract

Title: Verification of instructor influence on the load during exercise session of "Jumping".

Goals: The main goal is to observe the dynamics of heart rate during the 62-minute exercise session of "Jumping" and to observe the impact of the instructor on the cardiovascular system load, by monitoring heart rate.

Methods: During the exercise session of "Jumping" we observe the cardiovascular system load on 38 volunteers aged 18-30 years, by monitoring of heart rate. For measuring heart rate, we used equipment Polar RS800CX. Probandns were divided into four groups according to gender and age. Two groups of men and women in each age categories up to 20 years and from 21 to 30 years. Each proband completed four exercise sessions lasting about 62 minutes. The sessions were led by four different instructors.

Results: The analysis results show that the average heart rates during 62 minute exercise session of "Jumping" are not significantly different. Measured values showed that Jumping is not aerobic activity.

Keywords: Jumping, trampoline, heart rate, cardiovascular system, sport tester