

# **ABSTRACT**

## **Title**

Comparison of the stress while swimming in a difficult and in an ideal conditions.

## **Object**

A comparative analysis of the stress while swimming in clothes and in swimsuits. Constant speed, swimming technique breast.

## **Method**

We conducted a quantitative research, which was carried out by a comparative analysis on a sample of five subjects who were chosen from the swimming club of Business Academy Žatec. Their heart rate was monitored by sporttester. Proband passed CSS test for the final constant speed. This speed we used throughout the testing. Measurements were performed in the 25m length swimming pool of Business Academy Žatec. Length of the swimming lane was 200m. We compared the heart rate in battle dress uniform (BDU) pattern 95 and in swimming suit. The measurement results were processed and statistically evaluated by parametric test. (Students paired t-test).

## **Results**

We performed two measurements on five probands. The first measurements were made in a swimsuit. The resulting values of SF on all subjects did not reach the threshold anaerobic threshold. SF highest value we measured proband No.3 (153 beats / min). Second measurement was performed in BDU. The resulting readings for all subjects are well above the theoretical calculations SFmax. SF highest value we measured proband No.1 (234 beats / min).

## **Key words**

Heart rate, sporttester, swimming stress, swimming in clothes, military swimming, speed of the swimming