

Abstract

Title: Cognitive functions and performance in MMA

Objectives: The goal of the work was to figure out the effect of cognitive functions to performance in MMA.

Methods: Vienna test system, determination test

Results: Research compares sample reactions to acoustic and visual impulses among three groups - professional MMA fighters, amateur MMA fighters and intact population. The results of the research show that MMA individuals, regardless of the category (professional and amateur MMA fighters), have better results than recreational athletes from the intact population. There were no significant differences among the group of professional MMA fighters and the group of amateur MMA fighters.

Keywords: stress, reactions, Mixed Martial Arts, cognitive functions