Abstract

Title: The Effects of neck cooling during intermitent exercise

Objectives: The aim of the study was to determine effects of neck-cooling during intermitent exercise on heart rate and heart rate recovery changes, intermitent sprint performance and rating of perceived exertion.

Methods: The crossover study design and MBD analysis was used. 19 healthy subjects absolved test consisted of: 4 x 2 min. repeated shuttle run test (HIMS), 1 minute recovery interval for cold pack application on the neck, repeated sprints 10 x 20 m and 2 minute recovery interval for cold pack application on the neck.

Results: Neck cooling during intermitent exercise can lower heart rate and improve faster heart rate recovery. Impact on intermitent sprint performance is unclear because of missed data. The rating of perceived exertion is on the same level after neck-cooling.

Keywords: neck-cooling, intermitent exercise, HIMS, HRR, MBD