

Abstract

Name of thesis:

Comparison of energy expenditure while swimming dressed in swimsuit and in the field uniform.

Aim of the thesis:

The aim of the thesis was to find out the numbers of heart rate swimming dressed in swimsuit and in the Czech army field uniform. Measurement took place in the swimming pool with a counterflow.

Methodology:

Qualitative research with observation.

Results:

Measurement of two speeds of the stream $v_1 = 0,59\text{m/s}$ and $v_2 = 0,66\text{m/s}$. The difference for speed v_1 was 27 hr/min. Average energy expenditure v_1 speed was 34 kJ/min in the uniform and 47 kJ/min in swimmsuit. Average energy expenditure v_2 speed was 31 kJ/min in the uniform and 53 kJ/min in swimmsuit.

Keywords:

swimming in dress, military swimming, heart rate, flume swimming, energy expenditure