

Title:

Energy performance ski mountaineering

Aim:

The aim of the thesis is to measure energy expenditure, depending on the slope and constant speed.

method:

Empirical Research Association for 9 skialpinist mid-level performance. Calculation of the working metabolic or heart rate. VO₂.

results:

The research results confirm the scientific issue, check with magnifying angle of slope at a constant speed and increasing energy expenditure. The second part of the scientific questions confirms multiple increase energy expenditure when compared to the output slope rovinatému terrain.

Keywords:

Alpinism, energy expenditure, calculation of work metabolism, heart rate