

Abstrakt

Confrontation of sport and military climbing in term of energetic consumption

Objective: Determining the response of the organism of an individual in overcoming various climbing routes

profiles and in the sports clothing and military cutting device pattern 95th

Method: This was a quantitative research using participant observation

probands while climbing paths listed in the sports apparel in climbing shoes and

Military attire including field boots. It was a casuistic research 5 climbers who

satisfy the conditions of military exercises climbing. As the main parameter for

comparison method was used to measure pulse rate as an indirect

Energy indicators cover the exercise.

Results: Measurements took place at a military climbing trainer James Bechyně, where five

designated persons recovering path difficulty IV + to two different profiles and

perpendicular and overhanging. Both types of trips overcome probands in both sports

tract such as in the military indefinitely. The maximum and average values

SF climbing different profiles and different gear shall not differ significantly from each other and

for all types of roads, the average heart rate ranged

136 to 161 beats / min, which corresponds to 68% to 79% SFmax. Maximum values SF

when climbing ranged from 157 to 190 beats / min, which corresponds to 80%

92% SFmax.

Keywords: Sport climbing, military climbing, hart rate, energy expenditure