

Abstract

Title: Physiological demand during walking and Nordic Walking

Purposes: The aim of the thesis is to compare physiological demand during walking and Nordic Walking with with speeds 4 and 6 km.h⁻¹. horizontal and 10 % uphill.

Methods: Indirect calorimetry, opened-circuit spirometry

Results: As the research showed, there were higher energy expenditure, ventilation and oxygen consumption found during Nordic Walking than in walking in both measured velocities 4 and 6 km.h⁻¹ as well as in both measured grades.

Key words: Nordic Walking, walking, ventilation, oxygen consumption, heart rate, energy expenditure, locomotion speed