

ABSTRACT:

This thesis deals with comparison of pulse frequency of floorball players during different types of practise strain. The pulse frequency data were measured by sport tester. Four floorball players were evaluated during three different types of strain (endurance, pace endurance, pace). The goal of this research is to find out, if the values of the pulse frequency of chosen players are different during these exercises, if the values differ according to the different performance and experience of players and if the pulse frequency can be influenced by regular training. Acquired data were processed by the sport tester software and evaluated in MS Excel into tabels and graphs. The results of this research show, that the pulse frequency of players differs in particular practise and that during these practises the advanced players have lower pulse frequency values than beginners.