

## **Abstract**

**Title:** The load intensity of golfers during the game

**Objectives:** The aim of this work is to analyze the load intensity of golfers during practice and competition rounds.

**Methods:** The theoretical part was compiled by searching specialized literature. It is a multiple case study, where the load was evaluated on the basis of heart rate, distance, and time using Garmin GPS. The maximum heart rate was determined by laboratory testing and subsequently determined the effort load.

**Results:** Golf in conjunction with walking, which has minimal effects on the musculoskeletal system, could effectively influence the health and fitness. During one round of golf a player walked an average of 10.33 km with an average heart rate 115 beats per minute, corresponding to 59% of maximum heart rate. This intensity develops basic endurance and aerobic capacity. Each round lasted at least 3,5 h and the player burned an average of 1419 kcal.

**Keywords:** golf, heart rate, load intensity, physical fitness