

Abstract

Title: Monitoring the effectiveness of gymnastic warm-up

Objectives: Aim of this work is to describe the effectiveness of gymnastic warm-up through evaluation of heart rate dynamics.

Methods: Work partially solves the problem of the creation, managing and evaluating warm-up and uses a combination of qualitative and quantitative research. Heart rate (HR) dynamics is detected through sport-tester Polar Vantage NV, it is also used expert assessment and results processing is made by statistical methods in Microsoft Excel.

Results: Dynamics of heart rate during the warm-up is different under the direction of the teacher and student -led, after comparing graphical representations, and after a thorough warm-up monitoring. It is mainly due to the amount of experience in a teaching practice and a higher level of pedagogical skills, which contribute significantly to increased warming in terms of quality control.

Keywords: gymnastic warm-up, heart rate, load, intensity, sport-tester