

Abstract

Title: Functional load issues in freeskiing.

Objectives: The aim of this thesis paper is to prove functional load in freeskiing.

Methods: Research of available documentations and information. Measurement was done by sport tester divisor followed by analyses of data.

Results: Only in ski performance called jibbing the heart rate frequency became stable at 160-180 beats per minute in relation to physical activity. In the activity big-air and half-pipe, the heart beat frequency become stable after load. The biggest fluctuations in heart rate frequency were analyzed in big-air activity done in a pre stage before load. We can attribute this to emotions, adrenalin and conditioned reflexes. In half-pipe activity, the longest follow up phase of heart rate frequency returned to baseline. This shows the greatest intensity of load out of all measured activities.

Keywords: freeskiing, functional load, heart rate