

Abstract

Title of work

Comparasion of the loading rate each of types of pulling a browning.

Work objektive

Identify and compare the load on the hert rate of each types of pulling a drowning. Compare the types of puding using the resulting values determined by measuring heart rate and choose which of measured types will cause puding the browning the simplest and the least exhausting.

Used methods

Quantitative research follows the changes in heart rate while swimming particular types of puding drowning. Measurements were carried out in the form of intra-individual komparative analysis among three probands, who swam in the pool with counterflow, for 2.5 minutes at a flow speed of 1,06 m/s. Heart rate was measured using sporttester.

Keywords

military swimming, water rescue, pulling a browning, comparison of load, heart rate

