

# **ABSTRACT**

## **Title**

Comparison of heart rate in the aquatic environment and on land.

## **Purposes**

The aim is to determine whether the body immersed just below the surface of the water has a significant effect on the change in heart rate compared to heart rate measured on land.

## **Methods**

This is a quantitative research carried out by comparing of heart rate frequency in 30 probands, which were evaluated using statistical methods. The main output of the values was Student's paired t-test. Location of probands during the measurement was lying on his back. The height of the water column was 26 cm.

## **Results**

Compare the effect of 26 cm high water column compared to normal atmospheric conditions, operating while lying on the body. Indicator is measured heart rate.

We found no significant change in heart rate during measurement in resting heart rate in water, compared to measurement on land,  $p < 0.05$ .

## **Key words**

swimming, heart rate, water, diving, heart rate in water