

## **Title**

Assessment of Body Regeneration Processes Speed within the sample of FPES students in Dependence on Amount of Sleep.

## **Aim of Assessment**

The aim of my work is to verify body regeneration speed and level of FPES CU (Faculty of Physical Education and Sport, Charles University) students' fitness attributes in age of 21 – 25, who do not train at their top level any more. My secondary target is to find out whether the amount of sleep does or does not affect the body regeneration speed after an endurance (on condition level). This work should help to improve our attitude to our life style, daily priorities and free time activities.

## **Method**

My final assessment was compiled in form of research. This research had been taking place under standard conditions with minimization of outer effects.

Selection of respondents was made out of FPES students aged 21 - 25. All participants were men and women in the approximate rate 1:1.

## **Results**

Main result of my research was finding that sleep affects the body regeneration speed very significantly. As experience says, if there is a need to shortage sleeping before physical stress, it is necessary to sleep 4 hours at least. In the last chapter, all results and conclusions are digested in charts which enable comparison of results of participating persons.

## **Key Words**

Body Regeneration, Speed of Regeneration Processes, Sleep, Maximum Heart Rate, Resting Heart Rate, Step Test.

*Petra Hlavová, 17 July 2006*