

Abstract

Title: Comparison of selected parameters when skiing and snowboarding.

Objectives: The aim of this work is to compare pulse rate and functioning speed while skiing and snowboarding in the slalom track.

Methods: Statistical indicators used to calculate BMI (body mass index), pulse rate measuring using the Polar brand sport tester, the stopwatches to time the functioning speed, statistical methods to calculate the arithmetic average.

Results: According to the results the hypothesis H1 was confirmed, so the functioning speed while skiing will be shorter than while snowboarding in the slalom track. In second hypothesis H2, the fact that the volume of strain while snowboarding is higher than while skiing in the slalom track did not confirm.

Key Words: skiing, snowboarding, pulse rate, speed, slalom track