Abstract

Title: Load analysis of golf players

Objectives: The aim of the study was to determine the load intensity of golf players, the comparison between players of different levels and determine the health benefits of the game.

Methods: The theoretical part was processed thorough a study of scientific literature. Data were measured by sport-tester Garmin, which were then processed in the Garmin Connect and in Microsoft Excel.
Was determined by calculating the maximum heart rate of the individual player and the results were compared qualitatively and quantitatively with the scientific literature.

Results: Golf is a light to moderate aktivity of load amounting 62% of the maximum heart rate of the individual. Golf in conjunction with the movement on the field can have a positive effect on humans and prevent lifestyle diseases associated with hyperkinesis. During one eighteen-round of golf player conquers average of 10.5 km and reforge as 70% of the official length of the course. Professional players spend more time reading the terrain and planning launch, so they are moving more.

Keywords: golf, heart beat, health, condition, golf field