

Title:

The intensity of physical load in swimming lessons of first year students at Faculty of Physical Education and Sport (FTVS UK)

Aims of work:

The aim of this work was to contribute to increase practical information from locomotive activity area in the water. Concretely we were interesting in intensity of physical load in the water of students Teaching profession in general educational subjects for second school in combination (Physical education and sport) and Physiotherapy during practical lessons in winter semester 2006/07.

Methodology:

Data acquired by using the substandard questionnaire and heart rate monitors served us after statistical elaboration to determine intensity of physical load of university students during the winter semester and their evaluation.

Key words:

Heart rate, intensity of physical load, heart rate zones, heart rate monitor