

Abstrakt

Titul: Effect of physical activity on functional sportswear

Therefore, to bring good individual sports or work performance, must feel comfortable only in their environment but also in the clothes chosen for this activity. Market man offers many functional materials which are made from different synthetic fibers, however, many people still reach for the inactive wear thanks ignorance of the functioning of your body during exercise and subsequent operation of the textile material to which when active action suits.

My work, I want to contribute to the clarification of the facts. We present different fibers, fabrics and their properties characteristic of functional materials from very lower layers, to the uppermost and the system for their proper lamination. Further weigh on Part of comfort clothing, physiology and stress. Subsequently, I will pursue the possibility of effect of physical activity on the functionality of active wear and property changes each functional textiles after repeated use.

Virtually compare to various instruments for measuring the properties of textiles functional materials before use and after use and after washing. Furthermore, I try to find out, due to the testing of several people during physical stress, performance materials in the laboratory, So closed and field, ie outdoor conditions.

Keywords: functional dressing, physical activity, synthetic materials