

## **Abstract**

**Title:** Determining the heart rate after exercise

**Objectives:** the goal of this bachelor thesis is to summarize today's knowledge of response of the organism to stress and his comeback to resting values.

**Methods:** This bachelor thesis consist of two parts. The first is today's knowledge of human physiology, exercise physiology and heart rate. The second one is descriptive-analytical, where is made a literary research, which was found after entering key words in a search database.

**Results:** The differences in return of heart rate to baseline between recreational athletes and general population are greater than between recreational and elite athletes.

**Key words:** submaximal exercise, maximal exercise, human, physiology of exercise, heart rate recovery