

Abstract

Title: Comparison of energy expenditure when moving on wet and dry clothes.

Objectives: The aim of this study is to determine the difference in heart rate when moving in dry and wet clothes in different speeds.

Methods: Quantitative research and subsequent intra-individual comparison of pulse frequency when moving in dry and wet clothes. Movements were conducted on a treadmill and heart rate was measured by using sport testers.

Results: From the results we can deduce that at the speed of 8 km / h is on the short track the move in the dry and wet clothing approximately at the same energy intensive. Furthermore, it was found that at higher speeds, the difference in heart rates is bigger and wearing a wet clothes at speeds 12 km / h approaches maximum heart rate.

Keywords: Energy expenditure, heart rate, military swimming, moving in difficult conditions.