

Abstract

Title

Repeated individual comparison of heart rate on the land and in the water.

Objective

Find if exist significant difference of heart rate in repeated measurements between rating heart rate on dry land and in the water.

Used methods

The quantitative empirical research was carried out. The research method was the measurement of resting heart rate. Measurements were carried out in the form of intraindividual comparative analysis among six probands who were repeatedly tested supine for 5 minutes on land and subsequently 5 minutes in water. The water temperature was 30 °C and the water column height was 30 cm. Heart rate was measured using sporttester.

Results

The same tendency of reaction of the organism during repeated measurements did not confirm in 4 cases. Results in two cases confirmed the trend of decreasing heart rate during a stay in the water. The most measured resting heart rate decreased in water compared with the resting heart rate on dry land by 21.1% and increased the most by 6.1%.

Keywords

swimming, water, heart rate, resting heart rate, diving