

The Respiration Indices of the High Skilled Orienteer Athletes

Authors : PENCHUK A. VOVKANYCH

Abstract : The adaptive changes in the respiratory system provide the background for the increase of aerobic capacity and sport results on the middle and long distances runners. Effect of such adaptive changes in the sport orienteering remains poorly investigated. Therefore our study was undertaken to reveal the adaptive changes in the respiration indices of high skilled orienteer athletes.

Keywords : adaptation, external, functional state, respiration, running, sport orienteering

Conference Title : ICSES 2015 : International Conference on Sport and Exercise Science

Conference Location : Lisbon, Portugal

Conference Dates : April 16-17, 2015