



Erasmus+



WALKING THE LINE 2017-2019

# Different Physical Exertion Influence The Work Of The Health Study

# Goal

The research work justify why and how certain physical workloads change the heart rate and blood pressure, and how it all relates to human physical fitness



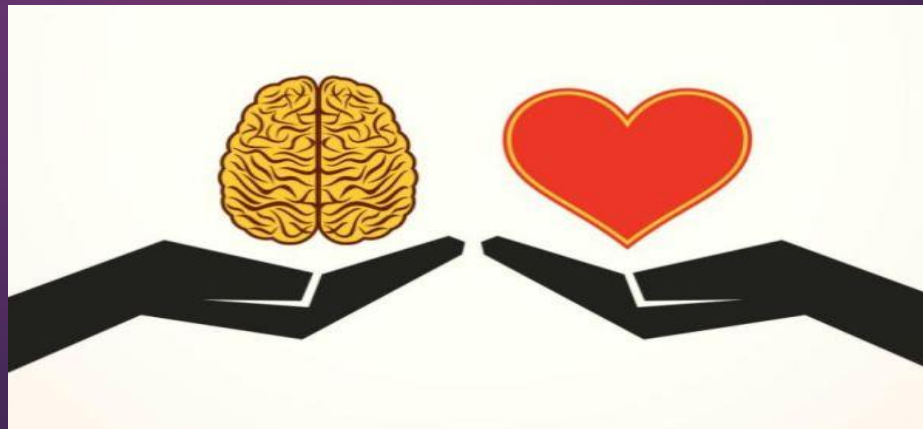
# Hypothesis

Physical work increases the heart (pulse) rate, along a gradual rise in blood pressure; Active physical life of people living raises more physical exercise, athletes and it raises difficult



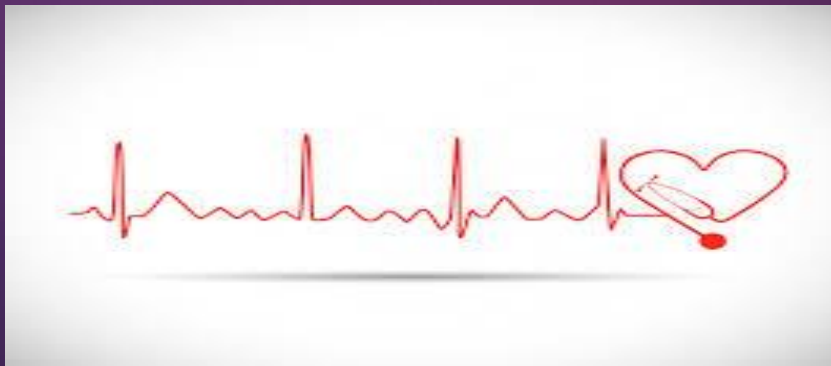
# Physical activity

Mobilizes all systems of the body, strengthens the heart muscle, increases the vital lung capacity, because the body is better supplied with oxygen. Low physical activity - one of the risk factors for heart disease. It has been shown that physically inactive people suffering from heart disease twice as often as athletes. Few people are moving more thickening. For those with excess weight, high blood pressure, changes in blood circulation, increases blood lipids. The latter factors promote the development of atherosclerosis. In order to improve their physical ability to work together and health recommended exercise 3-5 times a week for 30 minutes



# How does the heart, shows a pulse.

Every heart beats creates (surge) in the arteries. Of the body (on the wrist, neck, temples), the artery and extends along the surface of skin, the pressure wave can be perceptible. It's called pulse. Pulse is the same as the heart rate.



# The relevance of the study

Different people at different rhythm of heart beats. Resting healthy adult heart rate is the rate of around 60 - 70 times per minute. Children's heart beats more frequent pace, from 3 to 7 years of 95 beats, from 8 to 14 years - 80 beats per minute. Older people's heart beats the slowest - about 65 beats per minute. Also, heart rate based on your body weight, metabolism and human sports training. For example, idle sportspersons human heart is beating slowly, and causes the - possible. In addition, heart rate inhibit or promote the autonomic nervous system. Some hormones, eg., Adrenaline. The acceleration of the adult heart rate is called tachycardia and bradycardia sulètèjq̄s-. Suffered physical stress, such as., During exercise, the heart starts beating faster, gradual rises in blood pressure, rapid breathing. In addition, different physical work load of the heart makes the same impact.





# Conclusions

- ✓ After the exercise, the pulse rate is increased by about two times, and rises in blood pressure is associated with the fact that exercising the body needs more oxygen to generate energy to relax, so vigorously shaking the hearts bodies supplying more blood, and this brings more oxygen. Blood pressure creates a work of heart, because it varies at different cardiac activity.
- ✓ Different physical workload heart rate has a different influence. Heart rate depends on the complexity of the type of exercise (bench, squat, the weight lifting, etc.) Because each requires more, others - less energy.
- ✓ Active sport in the hearts of physical loads are more resilient and easier to pick up. The physical work of these people heart rate returns to normal faster than physically poorly prepared.
- ✓ Living a sedentary lifestyle people exercise elevates the heart harder - much more actively moved, these people begin to go bad, quickly get tired, and heart rate may increase more than twice.