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Heart pumping ability in athletes within physical exercise performance to train agility

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Abstract

The purpose of the present research was to study motor agility and heart rate indices in athletes engaged in physical exercises differing by the character of performance. The research results of special agility physical exercise facilitated allocation of the features of heart rate change and manifestation of motor agility depending on the tes-tees' sex and character of performance of physical exercise by athletes within competitive activity. The studies proved that the level of agility development and heart rate change in conditions of performance of special agility physical exercise, depend on the character of competitive exercise and type of motor activity. The technique of agility allocation subjected by the researchers and the worked apparatus were proved to be effective in practical use since they do not require additional charges at further operation. The apparatus is small and comfortable in transportation. The subjected technique can be applied while determining agility in children at specialized children's sport school on the first stages of sports selection in kinds of sport where result mostly depends on the physical quality of agility.

Keywords

Athletes, Heart rate, Motor agility, Special physical exercise