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Variability of Heart Rate in Athletes and Non Athletes

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Introduction: Heart rate variability (HRV) consists of measuring the time interval between beats. This describes oscillations in the interval between consecutive heart beats (R–R intervals) that reflect changes in heart rate as a function of the sympathetic and parasympathetic system. Regular practice of physical activity is a factor responsible for the increase in vagal tone due to increased cardiac work, since there is a reduction in the sensitivity of the beta receptors. The HRV analysis can be performed in the time domain and frequency domain. Cardioresonance meters, electrocardiogram and Holter are the instruments used to obtain their indices, where a high variability corresponds to a good physiological adaptation, while...

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