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Reaction of cardiovascular and respiratory system of the first-year pupils to the various types of load during the school year

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Abstract

© Medwell Journals, 2016.Study of respiratory functions and functions of cardiovascular system of 8 years old pupils of the 1st grade of secondary school, in a state of relative rest, after the graduated dynamic and static load at the beginning, in the middle and at the end of school year was conducted. It was found that the static load caused no changes in the parameters of the cardiovascular system of the first graders. Only at the end of the year, the group of girls showed changes in the parameters of the cardiovascular system. Dynamic load in all stages of research led to changes in the parameters of cardiovascular system. At the beginning of the year, boys showed adverse reaction of the parameters of external respiration. By mid year, the adaptive capacity of the cardio-respiratory system of the 8 years old children was optimal. By spring, the local static load caused adverse changes in the respiratory system of the boys. By the end of the school year, the group of first grade girls showed an adverse reaction of the parameters of external respiration to both dynamic and static load.

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Keywords

A heart, Cardio-respiratory system, External respiration, Physical load, School