

Puberty changes of haemodynamics in boys-athletes

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Abstract

The article describes the results of haemodynamics studies in hockey players aged 11-15 with regard to the stages of sexual maturation and their comparison characteristics with indicators of the boys from control class who do physical activity in terms of comprehensive secondary school. It has been shown that systematic muscle exercises have dominant effect on functional state of cardiovascular system in athletes in the prepubertal and pubertal periods of the development of their organisms; it is observed invariably high stroke volume of blood and systolic arterial pressure; maximum frequency indices of heart beats, volume of blood per minute and diastolic arterial pressure are observed at the 1-st and 2-nd stages of puberty, and minimum - at the 3-d stage, as distinct from the children of control class, whose parameter data dynamics has opposite direction. It may indicate to stress character of physical overactivity by effect of which the adaptive responses of cardiovascular system predominate over puberty change of its functional activity.

Keywords

Hemodynamics, Hockey players aged 11-15, Stages of pubescence