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Comparisson Heart Rate Recovery Athletes in athletics long distance running and short distance running numbers

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Introduction

Heart Rate

Heart Rate Recovery

Aerobic & Anaerobic

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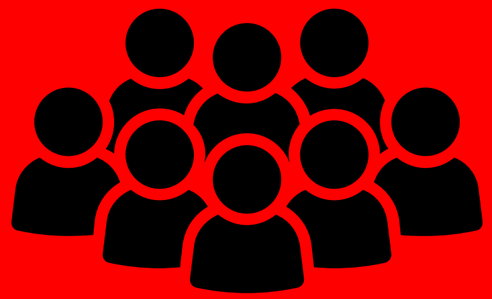
Methods

Descriptive
Comparative Quantitative



Population: Pelatda athletes for long distance running are 3 people and 6 short distance athletes, a total of 9 athletes

Total Sampling

Instrument
Polar Heart RAte Monitor

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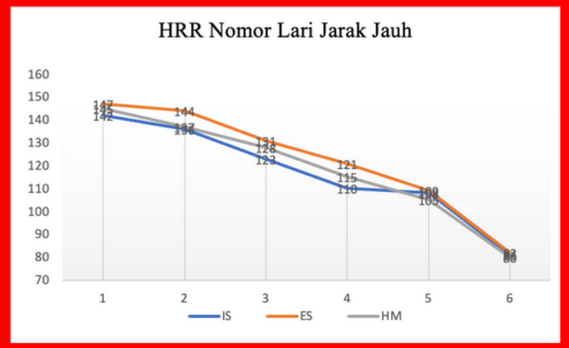
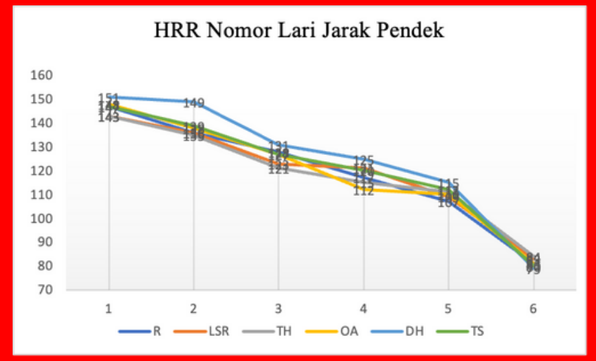
Result





Paired Samples Test						
N	Mean	Std. Dev	t	df	Sig. (2-Tailed)	Keterangan
3	64.677	3.215	34.843	2	<.001	Signifikan

There was a significant change in the decrease in heart rate in long distance running.

Paired samples Test						
N	Mean	Std. Dev	t	df	Sig. (2-Tailed)	Keterangan
6	66.00	2.608	62.936	5	<.001	Signifikan

There was a significant change in the decrease in heart rate in short distance running.

	Independent Samples Test					
		df	Mean Difference	Std. Error Difference	Sig	Keterangan
	Perubahan	7	-19.567	.8323	.026	Signifikan

Short distance running numbers has a more significant changes in heart rate recovery compared to long distance running numbers

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Conclusion

There was a significant change in the decrease in heart rate in long distance running.

There was a significant change in the decrease in heart rate in short distance running.

Short distance running numbers has a more significant changes in heart rate recovery compared to long distance running numbers

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