

36 Всемирный конгресс по спортивной медицине

Афины, 23-26 сентября 2021 года

World Congress of Sports Medicine

23-26 September 2021 | Athens, Greece | Divani Caravel Hotel

HYBRID EDITION



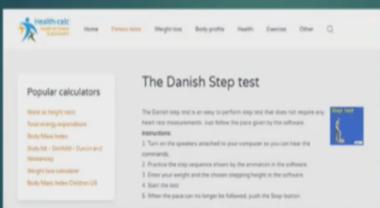
36th Venevtseva Y

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Aim

► The aim of the study was to obtain correlation between Vo2max using Danish step test and autonomic and psychophysiological parameters in 4th year medical students.



The screenshot shows a software interface for the Danish Step test. It includes a 'Popular calculators' section with links for 'Waik in height test', 'Training expenditure', 'Body Mass Index', 'Body Fat - DEXA', 'Dexa and Watering', 'Weight loss calculator', and 'Body Mass Index Children's'. The 'The Danish Step test' section provides instructions: 1. Tap on the buttons attached to your computer so you can hear the commands, 2. Place the step response shown by the animation in the software, 3. Stop your design and the chosen stepping height in the software, 4. Start the test, 5. When the pace or exchange is followed, push the Stop button.

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BACK TO TIMELINE | NAUSA (VIRTUAL HALL B) - S... (8:00am - 8:00pm) | Info | Forum | Notes | Live Q&A | Session ends in 9h 30m

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the President of the Hellenic Republic

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Background

- ▶ Nutrition is essential for good health and plays a crucial role in optimizing training sessions in elite athletes. Insufficient data exist about nutrition in university students according their habitual physical activity (PA).
- ▶ Spiegelhalder K, Fuchs L, Ladwig J, Kilo S, Niemann C, Voderholzer U, Falga B, Sienmann D. Heart rate and heart rate variability in subjective reported exertion. J Sleep Res. 2011 Mar;20(1 Pt 2):137-43. doi: 10.1111/j.1365-2899.2010.02088.x. PMID: 20626111.
- ▶ A nutritional analysis of 1,189 students at the University of Turku, Finland, found that consumption of fruit, raw and cooked vegetables was associated with significantly better health and fewer complaints, while students with headache complaints consumed more sweets, cakes and snacks
- ▶ Vena D, Bradley TD, Milar PJ, Floras JS, Rubkanto J, Gavrilovic B, Pengler E, Yadorozki A. Heart Rate Variability Responses of Individuals With and Without Saline-Induced Orthostatic Sleep Apnea. J Clin Sleep Med. 2018 Apr 16;14(4):503-310. doi: 10.5664/jcsm.7032. PMID: 29629720; PMCID: PMC588427.



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9°C Облачно | 10:29 | 25.09.2021

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Leisure time physical activity in young men - undergraduate medical students

Prokhorov Pavel
Medical Institute of Tula State University, Tula, Russia



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Results

Greater arousal

Group	Arousal Level (%)
Students engaged in strength training	28,5±6,5%
Students engaged in coordination sports	12,1±4,3%

$p=0.027$

- Tendency to greater blood pressure existed in endurance athletes comparing soccer players.
- Morning chronotype significantly more often was seen in both groups with slightly lower apathy score - sport games and coordination sports.
- Breath-holding test revealed no differences.

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