

Monitoring the Effects of Work on Physical Education Classes Expressed through the Heart Rate Value*

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KEYWORDS Abilities. Female Students. Obstacle Course. Lesson Parts. Physical Load

ABSTRACT The aim of this study is to monitor the effects of performance during obstacle course work form by measuring heart rate in all parts of the physical education (PE) classes and rest phases too. The sample consisted of 103 female students of the Faculty of teacher education during their regular PE classes for three weeks. Data analysis was processed in 7.0 Statistics on the descriptive level, while statistically significant difference between means was tested by t – test for dependent samples. The results showed that the heart rate values in all parts of the PE classes differed significantly at the beginning and at the end of the work. Throughout the second week, there was only exception during the final part of the class when pulse values at the workout beginning was 102 beats/min and at the end of it was 100 beats/min.