

The effect of training intensity on the live and simple reaction time and the lactate threshold of women working karate

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Introduction: The purpose of this study was to investigate the effect of training intensity on the live and simple reaction time and the lactate threshold of women karate athletes. In this study, variations in the reaction time were ed during an increasing exercise in different intensities as well as rest. **Methods:** The statistical sample of this study was composed of 15 randomly ed girls in Gilan. Subjects were fully healthy. Before and during exercise, different response times, simple reaction time and blood lactate were measured at different intensities. Aerobic exercise was performed at three intensities of 75, 85 and 95% of maximum heart rate with rest time in one session. To analyze the hypotheses, t-test was used for statistical analysis of variance with repeated measures and LSD post hoc test. SPSS-23 software was used to analyze the data. **Results:** There was a significant difference between the effect of activity with intensity of 75, 85 and 95% of maximal heart rate on simple reaction time and live reaction and lactic acid (p

Keywords : running with different intensities, lactic acid, live reaction time, simple reaction time

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