

DĚTI A SPORT

Klinika rehabilitace LF 2 a FN Motol

Prof. MUDr. Miloš Máček, DrSc.

e-mail:milos.macek@lfmotol.cuni.cz

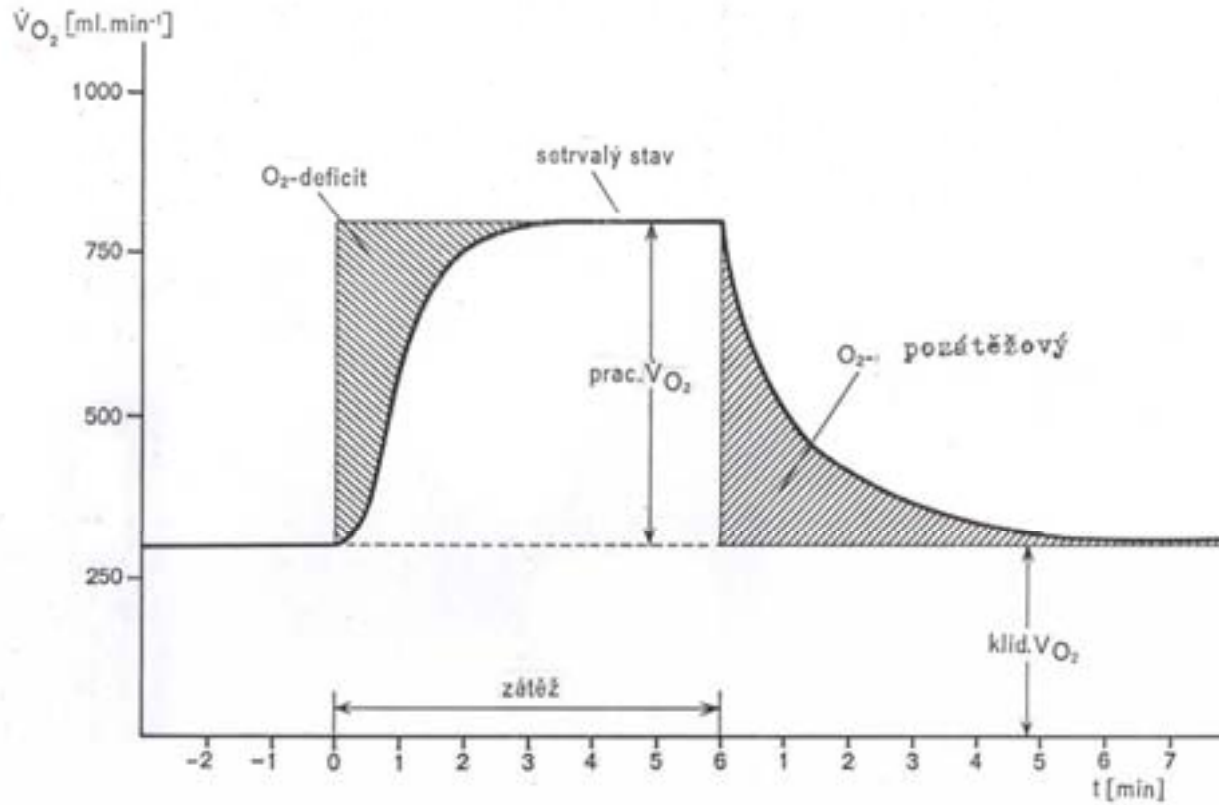
**Pohybová aktivita dětí od 6 do 12 roků
podle počtu kroků v tisících za týden.
Srovnání USA, Austrálie a Švédsko**

	Počet kroků		Obezita, nadváha %	
	chlapeci	dívky	chlapeci	dívky
USA	13,2	10,9	33,5	35,6
Austrálie	13,4	11,7	16,6	14,4
Švédsko	17,0	13,4	15,8	16,8

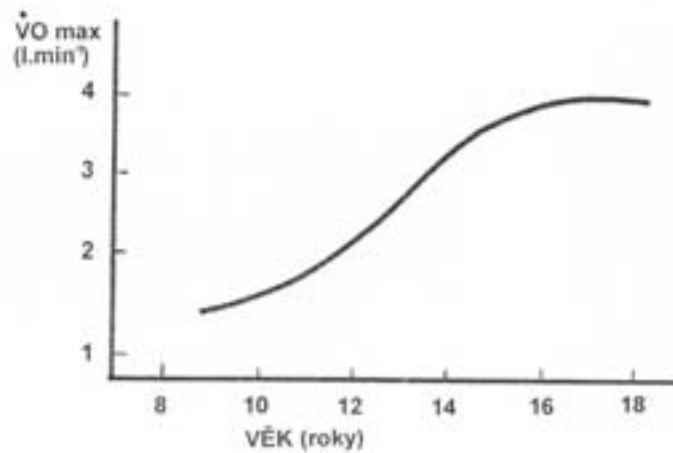
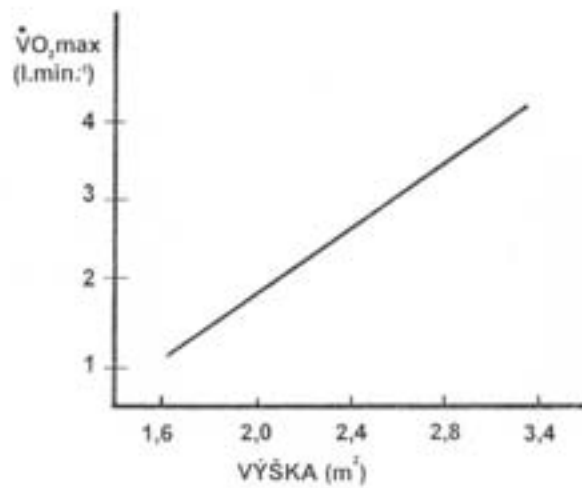
FAKTORY ROZHODUJÍCÍ O VÝKONU A SCHOPNOSTI TRÉNOVAT

- 1) Výdej energie: aerobní kapacita**
anaerobní uvolňování energie
- 2) Nervosvalová výkonnost: síla**
obratnost
technika
- 3) Psychika: motivace**
taktika

$\dot{V}O_2$

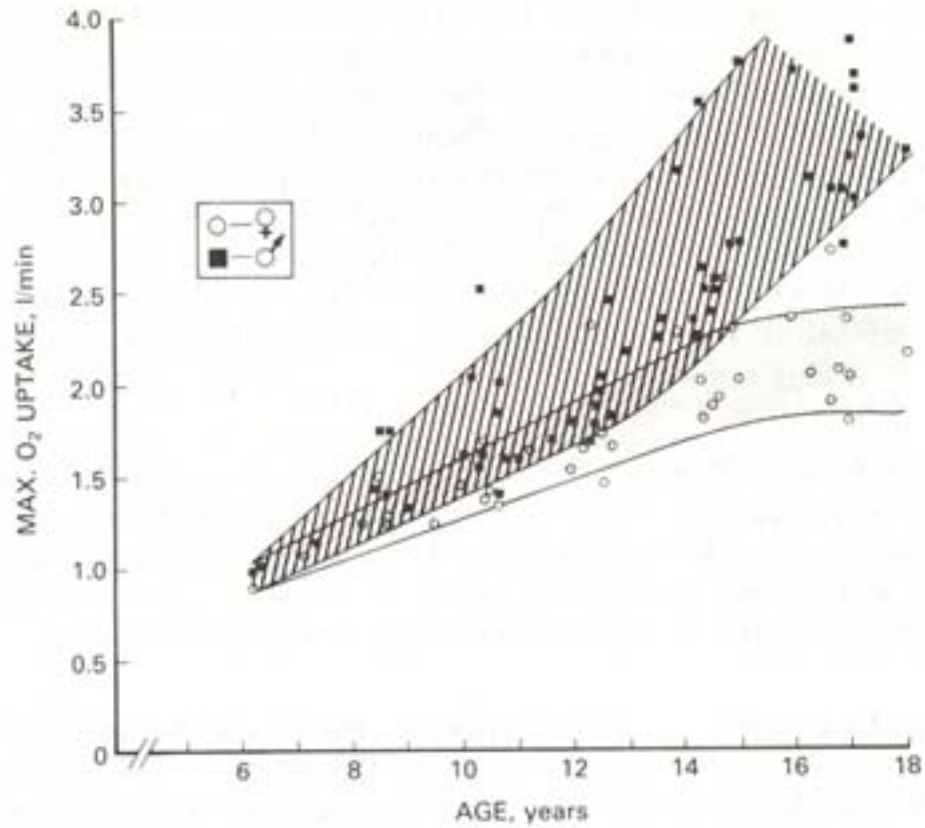


VO₂ MAX1

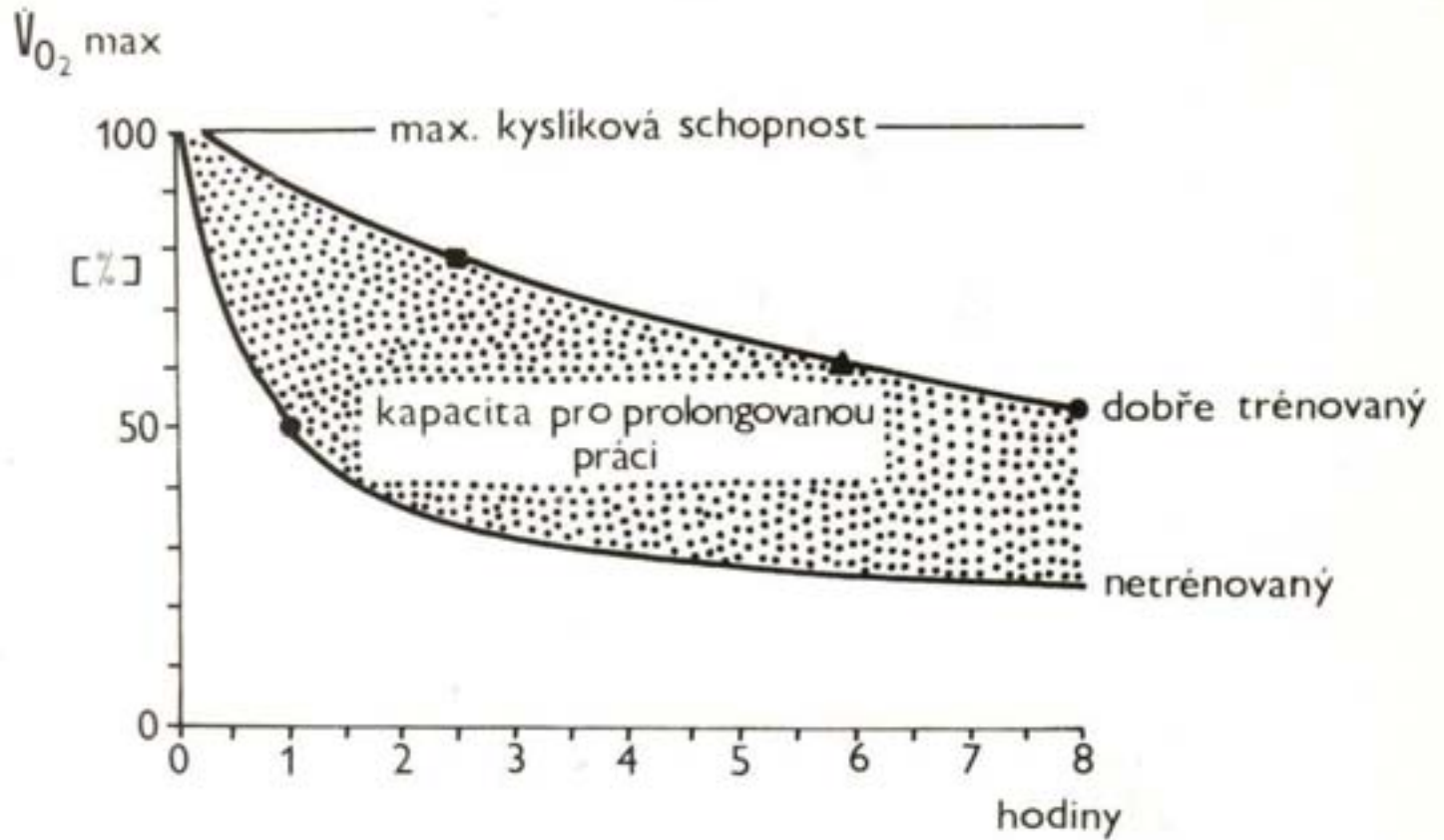


VO₂ MAX2

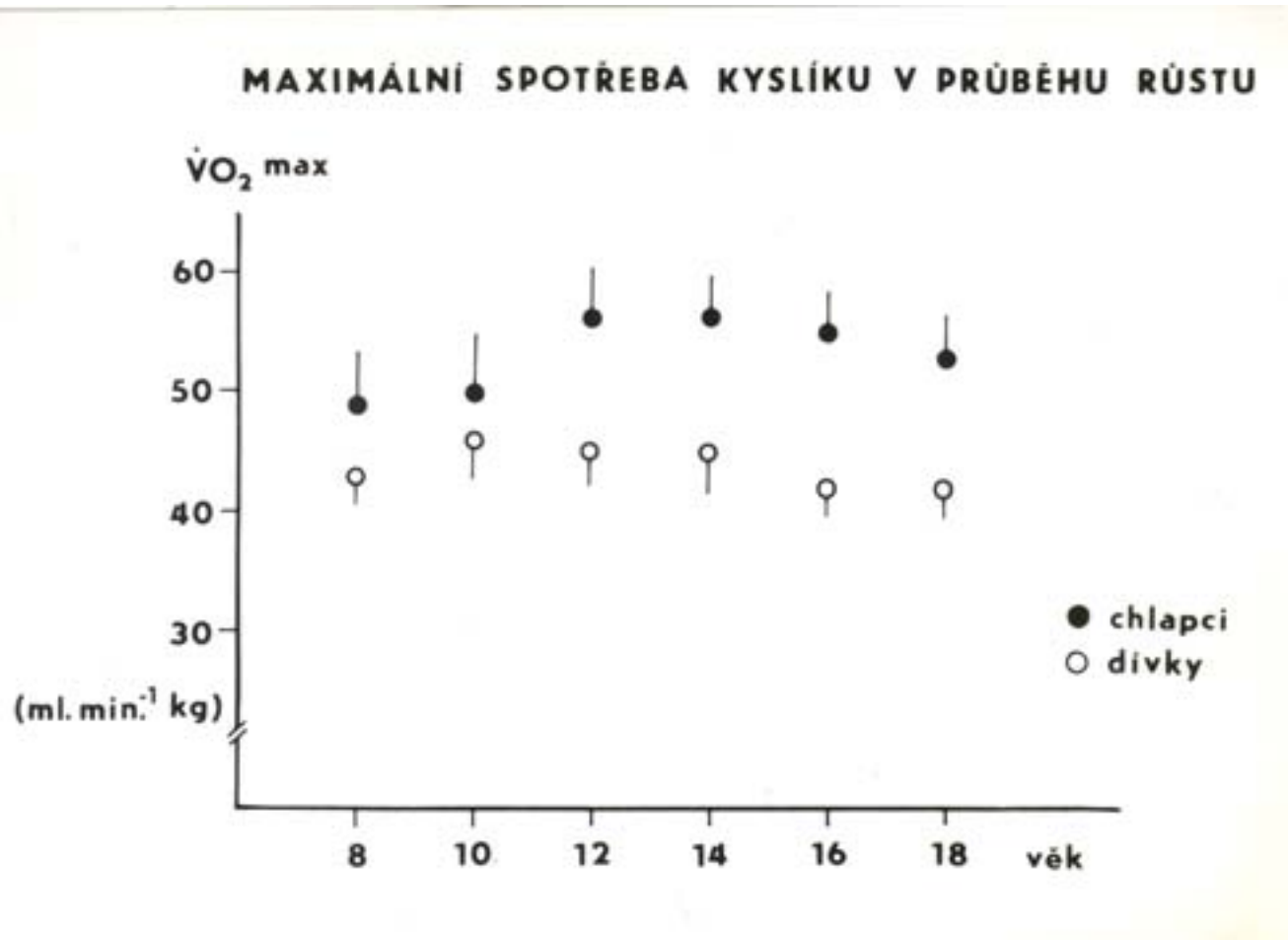
4 1: Physiologic Responses to Exercise of the Healthy Child



VO₂ MAX3

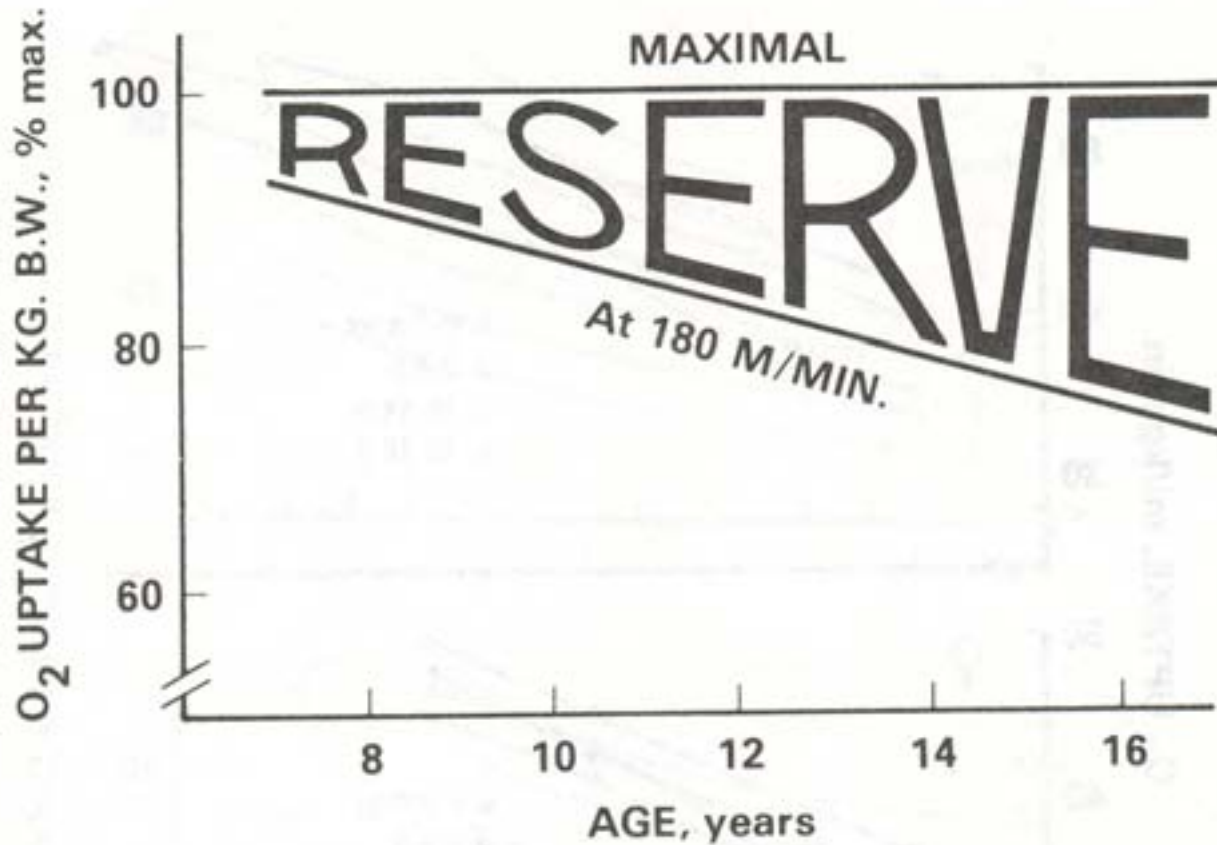


VO₂ MAX4



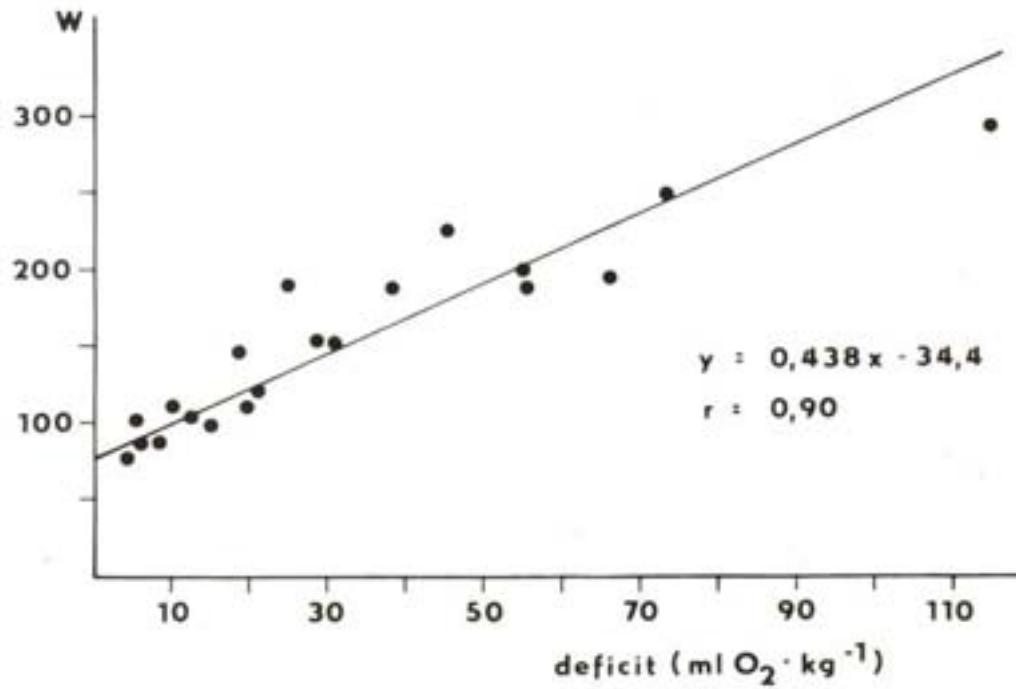
REZERVA

10 1: Physiologic Responses to Exercise of the Healthy Child

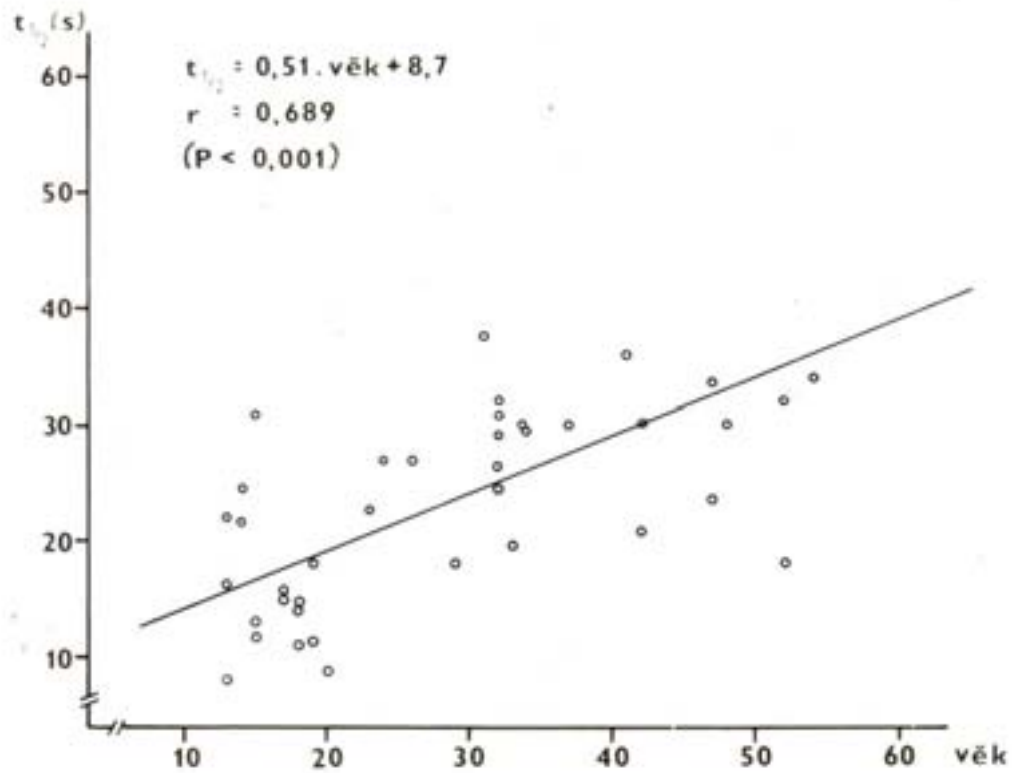


DEFICIT1

VZTAH MEZI DEFICITEM A ZÁTĚŽÍ

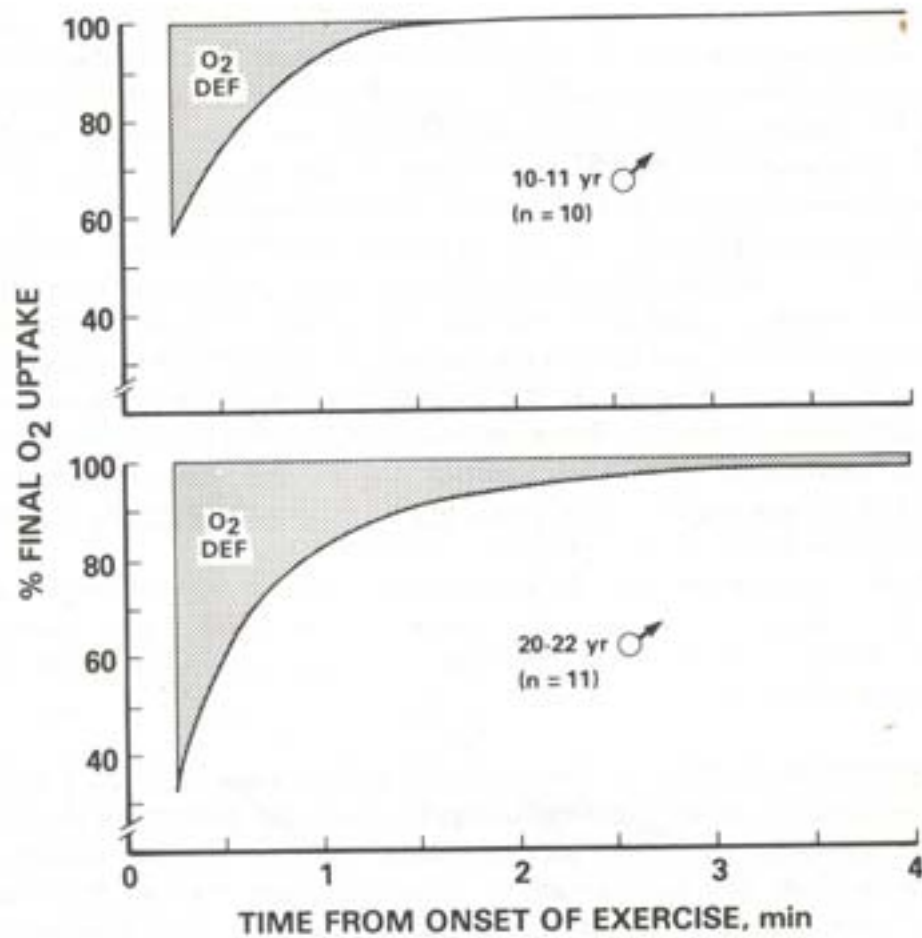


DEFICIT2

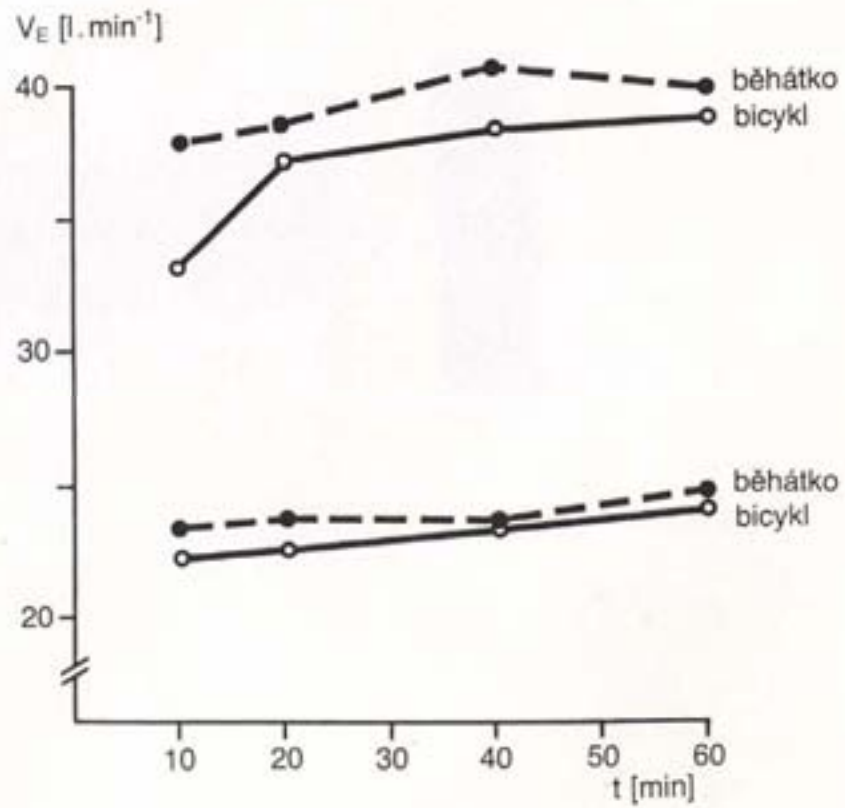


DEFICIT3

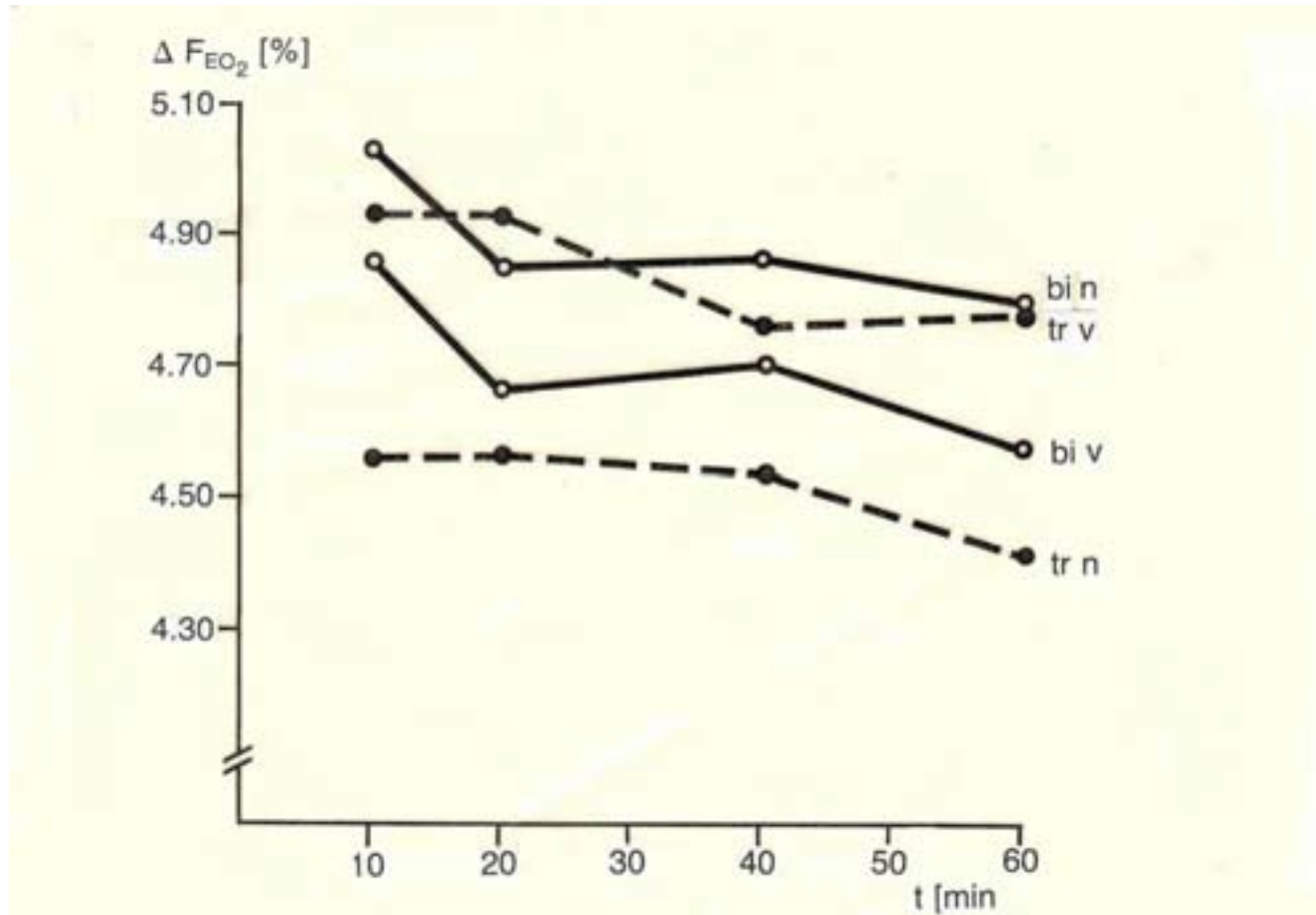
16 1: Physiologic Responses to Exercise of the Healthy Child



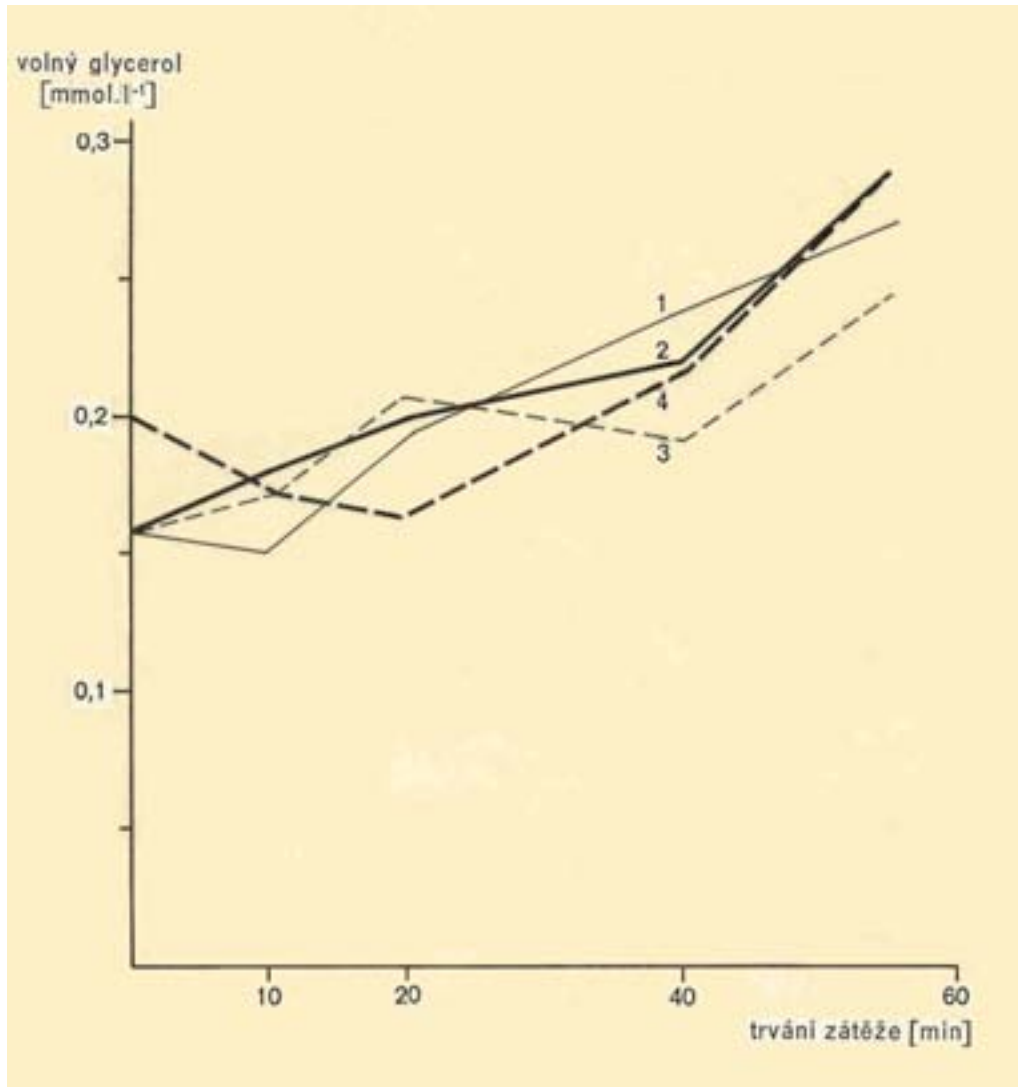
VENTILACE



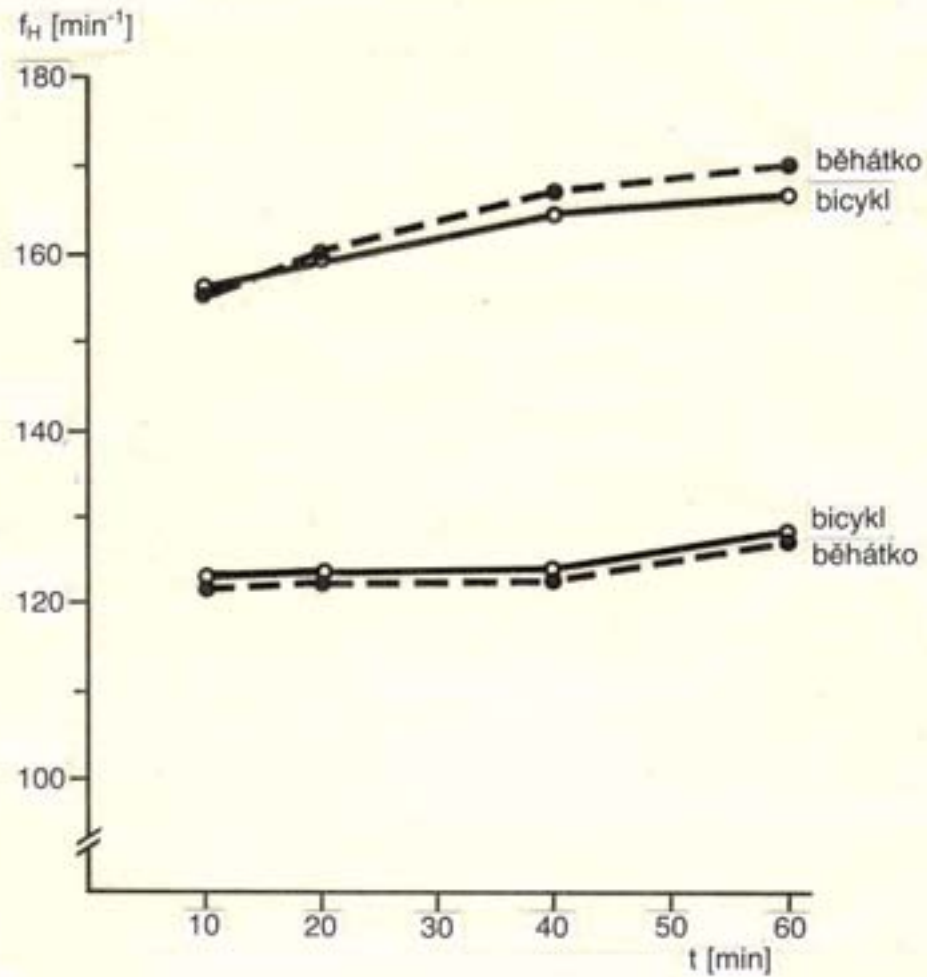
VYUŽITÍ O₂



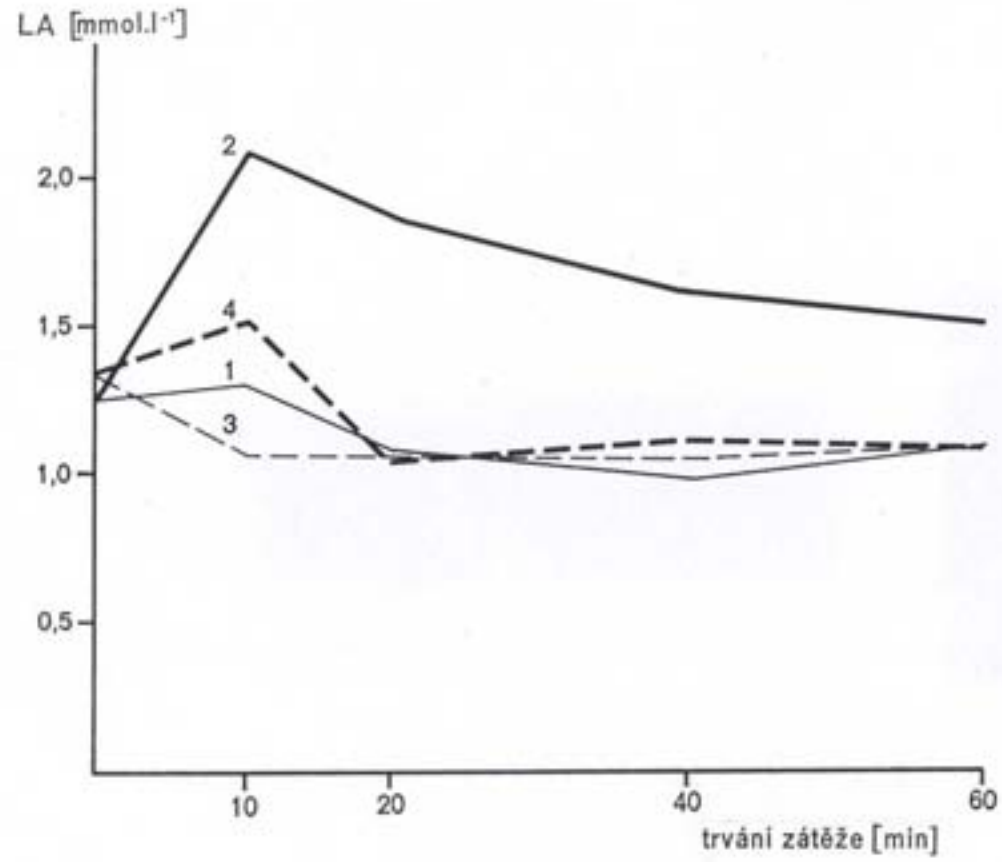
GLYCEROL



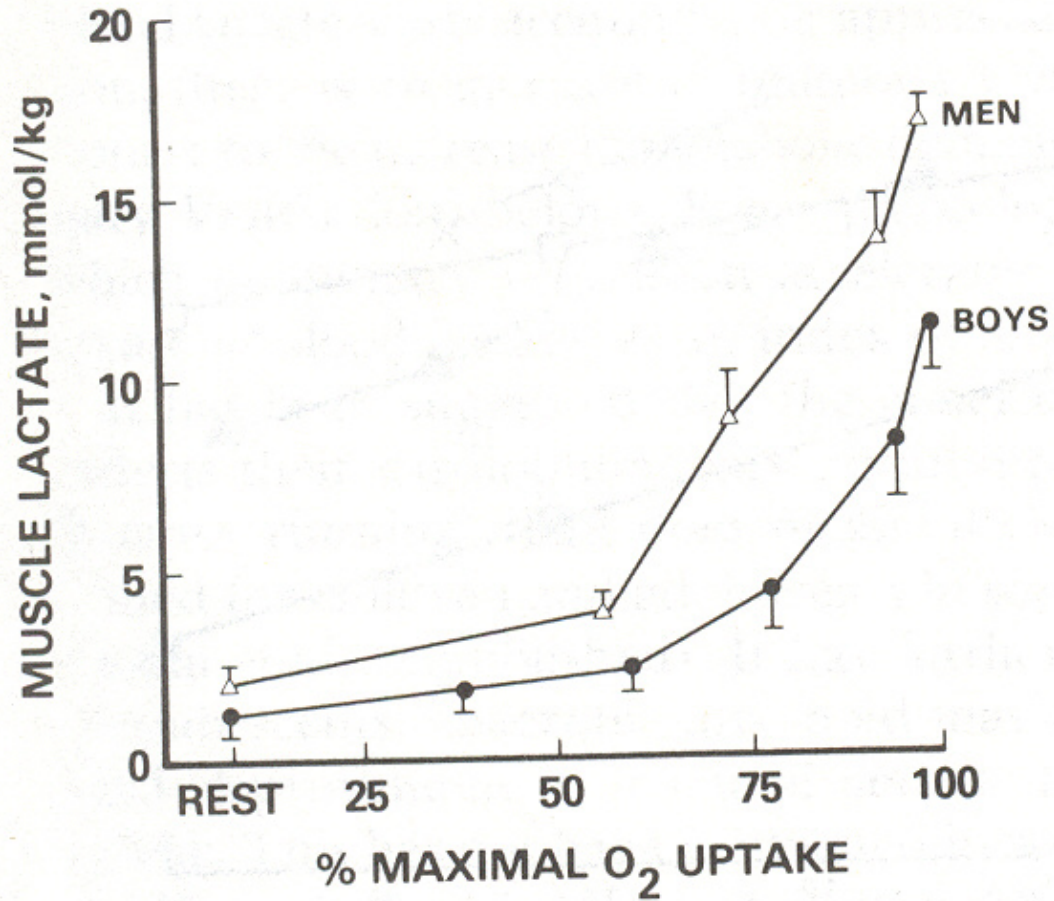
SF



LA

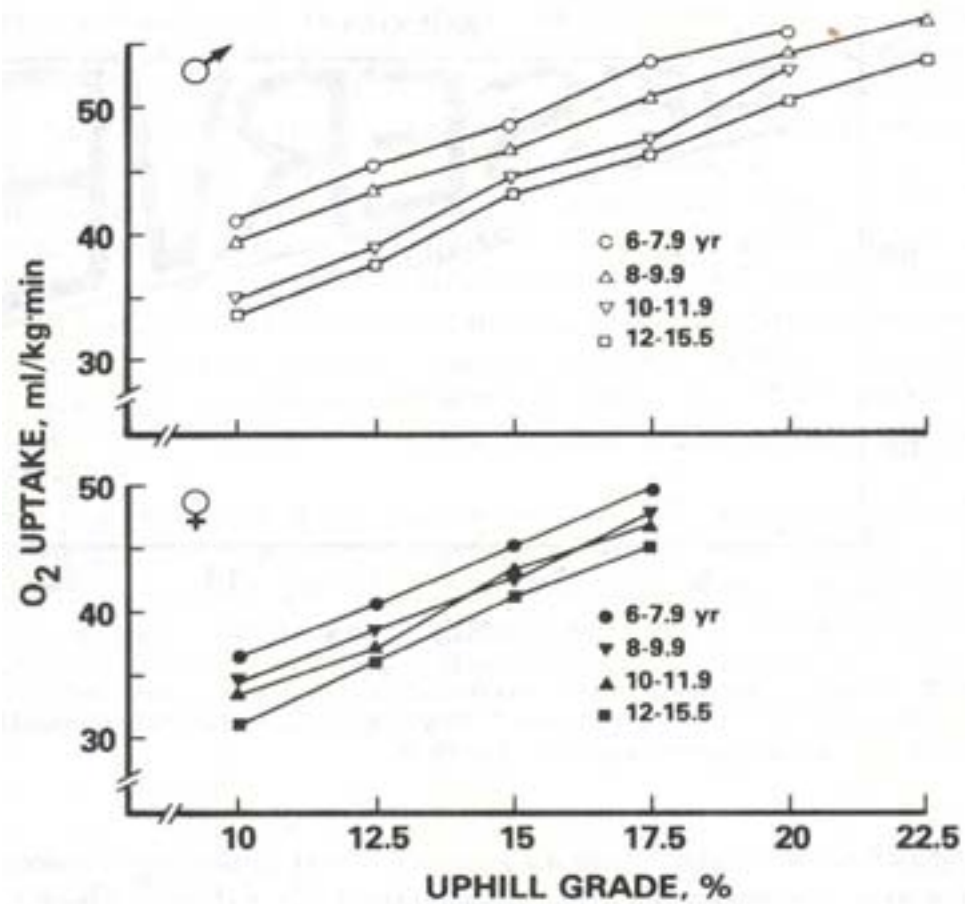


LA1



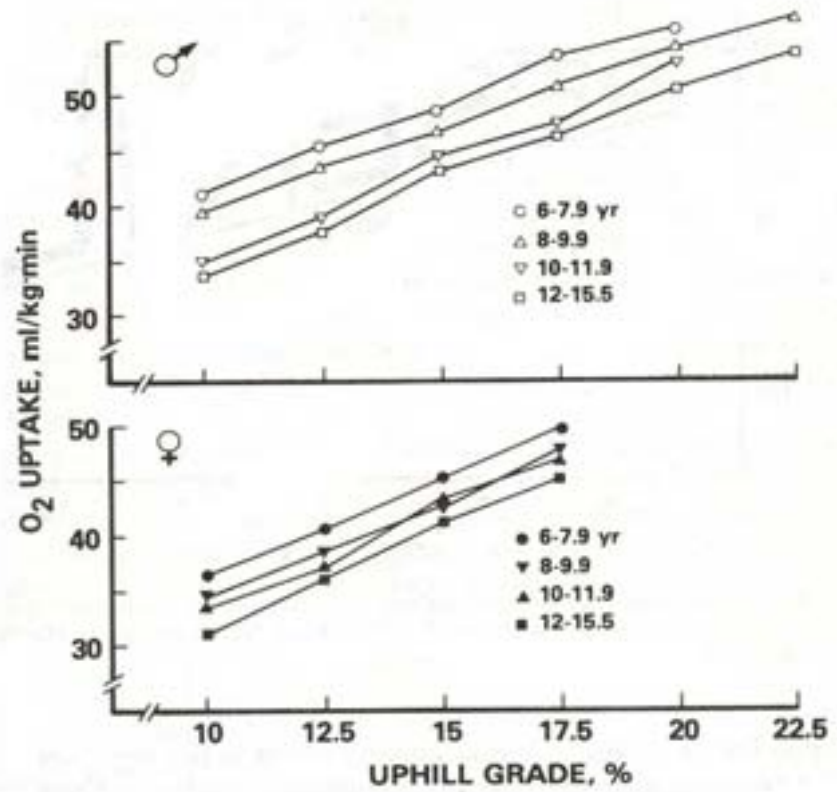
CHUZE

Metabolic Response to Acute Exercise 9

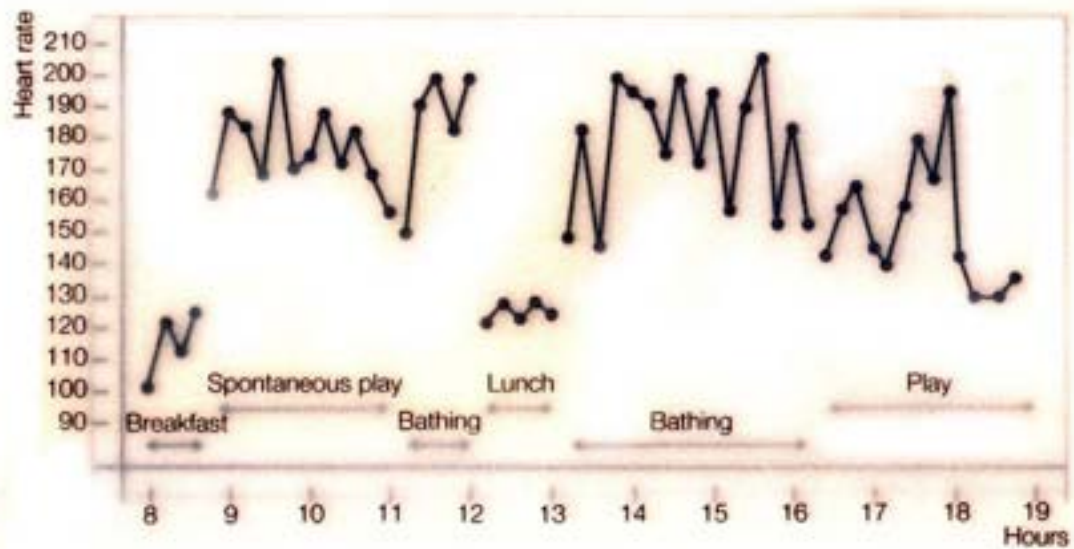


METABOLISMUS

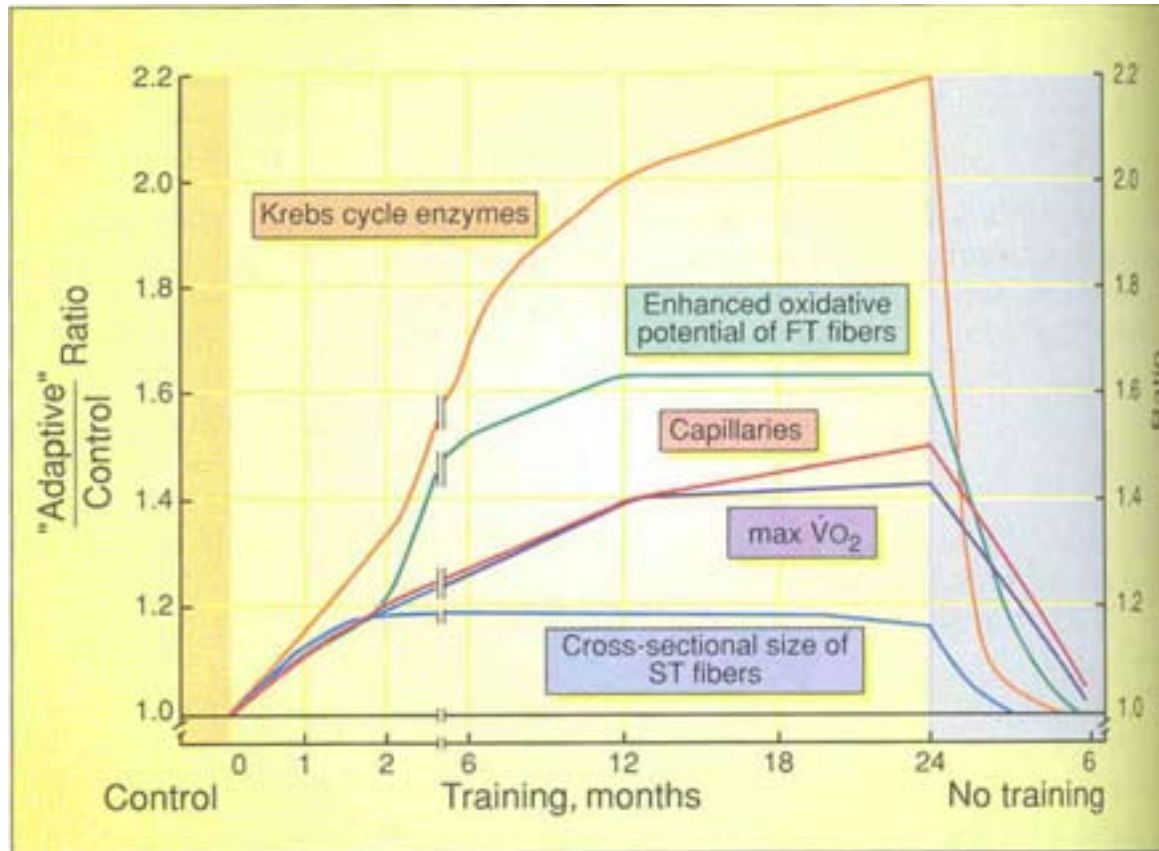
Metabolic Response to Acute Exercise 9



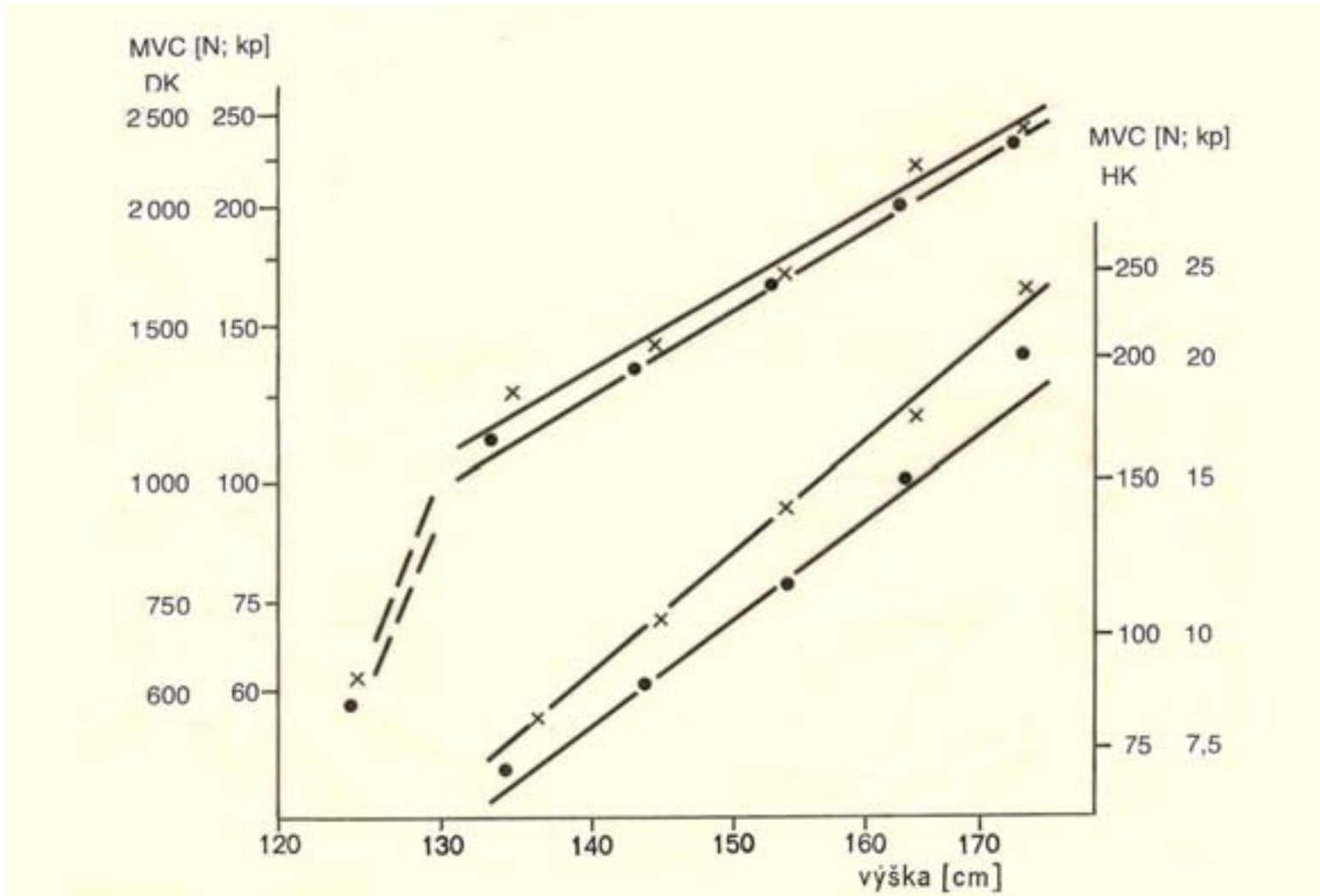
VOLNÁ AKTIVITA



VLIV TRÉNINKU



MVC



Vitamins and minerals

Průměrný denní příjem vitaminů a minerálů u
97 dívek (11-14 r) trénujících SG v %
doporučené normy (výška 152 cm, váha 43 kg)

B 6	73%	Zn	77%
Kys. listová	70%	Fe	54%
E	52%	Mg	45%
A	20%	Ca	45%
B 12	18%	P	20%
C	12%		
B 1	10%		
B 2	5%		