

A magyar evezős sport tudományos kutatási eredményeinek bemutatása



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Utánpótláskorú férfi evezős versenyzők antropometriai és fiziológiai vizsgálata

Szerzők: Alföldi Zoltán, Szabó Attila, Gyömörei Tamás, Zakariás Géza, Katona Zsolt, Horváth-Pápai Anna, Balog Ádám, Somogyi Angéla, Ihász Ferenc

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Utánpótláskorú sportolók kognitív képesség és teljesítménymotivációs vizsgálata a Vienna Test System alkalmazásával -Evezős sportolók VTS munkaattitűd és fókuszált figyelemre vonatkozó mérési eredményeinek összehasonlító vizsgálata
Szerzők: Rácz Krisztina, Dr. Alföldi Zoltán, Dr. Melczer Csaba, Dr. Pótó Zsuzsanna

Sports and Exercise Science for Sustainability– Slot session 11, Tuesday 13:40 – 14:40

Chair: Róbert Járαι

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Analysis of the physiological characteristics of elite male and female junior rowers during extreme exercise	Zoltán Alföldi
Physiological assessment of motorcycle racers for the development of evidence-based training methods	Bence Dániel Máriás
Optimizing Elite Rink Hockey Performance Through position-specific Load: An Applied Physiological and Biomechanical Approach	António Leopoldo Lopes Ferraz



EXERCISE PHYSIOLOGY

ANTHROPOMETRIC AND PHYSIOLOGICAL CHARACTERISTICS OF ELITE JUNIOR ROWERS

CARACTERÍSTICAS ANTROPOMÉTRICAS Y FISIOLÓGICAS DE REMADORES JUNIORES DE ELITE

CARACTERÍSTICAS ANTROPOMÉTRICAS Y FISIOLÓGICAS DE LOS REMEROS JÚNIOR DE ÉLITE

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ABSTRACT

Introduction: Rowing is a competitive sport in which men and women of all ages compete. Most of the studies reported on rowing have been carried out with young adult rowers. As it is important to have rowing experience before a senior age classification, it is necessary to study adolescent or junior athletes in this sport. **Objectives:** The aim of this study was to examine the relationship between selected physiological variables of male and female rowers and rowing performance as determined by a 2,000 m time-trial. **Methods:** Fifteen rowers (six males and nine females) ages 15-18 years who competed in the Hungarian Junior Rowing Championships performed a 2,000-m rowing ergometer test in the laboratory. Prior to this task, these subjects completed a measure of body size, composition and vertical jump on a force platform. Oxygen consumption was measured along with power output during the rowing ergometer trial. **Results:** This descriptive study of Junior Rowers identify the importance of aerobic power (rate of oxygen consumption) as a predictor of rowing performance. Since the mean Power was highly related ($r = 0.99$) with the time to complete the rowing distance, factors that reflect power might also be evaluated to confirm these findings. The time in the competition and time on the rowing ergometer were strongly related ($r = 0.721$). Excluding power in the regression analyses, oxygen consumption (VO_2) and percentage lean body mass ($\%\text{lean}$) were identified as the significant ($F=50.63$, $df=2,12$, $p < 0.001$) predictors of performance time. No other variables were selected in the regression equations. **Conclusion:** The rate of oxygen consumption and lean mass in adolescent rowers need to be considered in explaining performance. **Level of Evidence III; Case Control Study.**



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Zoltán Alföldi, Ferenc Ihász, Csaba Bulgari, Anna Péter Horváth, Ádám Balog, Zsolt S. Katona, Angéla Somogyi, Attila Szabó

The effect of confounding variables on the relationship between anthropometric and physiological features in 2000-m rowing ergometer performance

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Analysis of the Physiological Characteristics of Elite Male and Female Junior Rowers During Extreme Exercise

by István Bartholós¹, Zoltán Alföldi¹, Imre Sódó², Anna Horváth Pépai², Ádám Balog²,
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Prevalence of Eating Disorders among Competitive Rowers

by Viola Keceli^{1,*}, Andreea Gubicskóné Kisbenedek^{1,2}, Zsófia Verzár¹, Anita Hulman¹, Iván Petrov¹,
Ferenc Ihász¹ and Zoltán Alföldi¹

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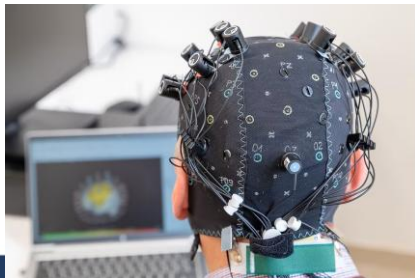
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