



Heart Rate and Anaerobic Energy Metabolic Response after Acute Anaerobic Exercise

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Abstract

Purpose: To investigate of aerobic-anaerobic threshold (AT) in acute anaerobic exercise. **Methods:** 7 physical education students participated in this study. The mean age was 22 ± 2.8 years old. They performed an aerobic-anaerobic threshold endurance test on tread mill and acute interval anaerobic exercise load (3x300m rowing, 100%), one day apart. **Results:** The HR was significant negative correlated in both AT and rowing exercise ($r = -0.5$, $p < 0.05$). High positive correlation were found in both aerobic threshold and anaerobic velocity ($r = 0.9$, $p < 0.05$). No correlation between AT and acute anaerobic exercise on lactate. **Conclusions:** The results showed that the better aerobic threshold velocity has higher anaerobic threshold velocity. But there are no correlation between acute anaerobic row loads. Therefore, it is necessary to involve strength endurance training with to prevent the hypoxic symptoms at acute anaerobic exercise.

Key words: Anaerobic threshold 、 High-intensity exercise 、 Heart Rate 、 Anaerobic Energy Pathway