

# International Conference on **Weight Loss and Fitness Expo** July 13-15, 2015 Philadelphia, USA

## **A comparative study between players of football and handball in Egyptian national team in Heart Rate Variability (HRV)**

**Hamdy Abdou Asem**  
Sadat City University, Egypt

The change in Heart Rate Variability (HRV) trends of modern research in sports and importance in the field of sports training and in these areas, the change in Heart Rate Variability (HRV) useful in the assessment of changes associated with nerve own short-term training and long-term in all sports recreational and competitive high-level as can be used (HRV) in the identification of training overload and leads regular aerobic training to improve the Heart Rate Variability (HRV). Objectives of the study are to identify the Heart Rate Variability (HRV) to the football players and the handball players Egyptian national teams. The study asked: Are different functional duties of players to the football and Handball affect change with the Heart Rate Variability (HRV)? The results from this study are: Heart Rate Variability (HRV) for the Handball players superiority compared with the football (I / E -MV), handball players in the rear with their length heavier home better low rate in heart rate represented by the shortage of (MV: Average R-R interval) and ratio (I-E: Difference inspiration and expiration heart rate) and index overall total power in favor of the foot ball players.

### **Biography**

Hamdy Abdou Asem has completed his PhD at 1996 from Helwan University Egypt and Postdoctoral studies from Helwan University, Egypt in Physical Education College. He is the Chairman of Sports Health Sciences, Department Faculty of Physical Education University of Sadat City Egypt. He has published more than 20 papers in reputed journals and has been serving as an Editorial Board Member of repute.

[dr\\_hamdy56@hotmail.com](mailto:dr_hamdy56@hotmail.com)

Notes: