



Development of the percentage of oxygen, lactic production in the blood and vital capacity for swimmers

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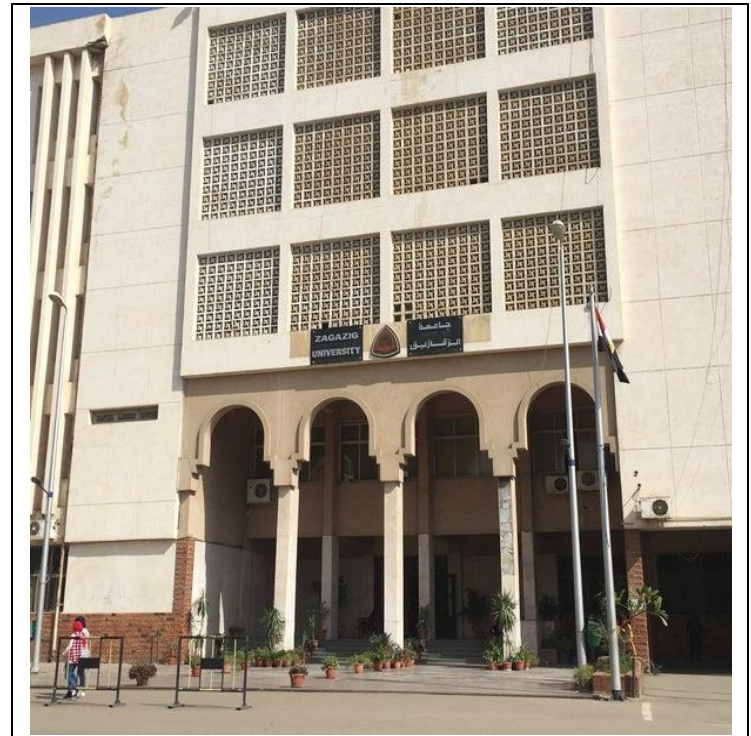
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Abstract : The research aims to identify the effect of the development of lactic production on the level of oxygen in the blood, Vital-capacity and swimmers speed, The researcher measured the concentration of lactic acid in the blood, vital capacity and the speed of the swimmers and used SPSS in order to obtain : Arithmetic Mean, Standard derivation, T-test and Sekwness, Correlation coefficient. The swimmers speed improved as a result of increased lactic production in the blood, improved vital capacity and oxygen level in the blood.

1. Increase the interest of trainers in the physiological measurements represented in (lactic blood ratio, blood oxygen level, vital capacity, etc)
2. The necessity of relying on measuring the concentration of lactic in the blood to assess the training status of swimmers.
3. The need to use physiological indicators for swimmers in designing and preparing training programs appropriate to their physiological abilities.

Biography :

Gomaa M. Othman a researcher at applied of exercise physiology and sport medicine. Assistant professor at department of theories and application of aquatic sports. Also Technical Director at Exclusive Swimming Academy and Trainer of Elite Swimmers at Shark Club



Publications :

1. Path generation and tracking for car automatic parking employing swarm algorithm
2. Uranium Removal from Wastewater Using Immobilized Multiple Heavy-Metal and Antibiotic Resistance E. coli Isolated from Aborshid Egypt
3. Isolation and cloning of the Phytolacca americana anti-viral protein PAP-I gene
4. Characterization of Lactic Acid Bacteria Isolated from Dairy Products in Egypt as a Probiotic
5. New fuzzy-based indoor positioning scheme using ZigBee wireless protocol

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