

A study on variation of heart rate in Indiacca game.

by

Minoru WADA\*

Six housewives aged 33 to 43 living in Kudamatsu-shi and Tokuyama-shi, Yamaguchi Prefecture are studied here. The heart rates (or heart beat count) of these women are measured while they are playing ' Indiacca ' and at the same time their exercise intensity is examined in terms of the function of circulation.

Following results are obtained from the study.

1. The length of the match tends to be longer according to the year of experience in the game.
2. The average heart rates during the match are 152.2 - 187.2 h/m, but those who have longer experience show the larger rate.
3. The average heartbeat count after every set of match, tends to increase as the set of match adds to, irrespective of their experience.

The heart rates during playing ' Indiacca ' is nearly the same as those of ' Badminton ' and ' Esci tennis ', and they tend to be higher than those in volleyball matches.

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Tokuyama Technical College\*