INVESTIGATING THE HEART RATE AND OXYGEN SATURATION VALUES OF U13 CATEGORY FOOTBALLERS AT COMPETITION OCCASION WHO STAND IN DIFFERENT CITIES

ABSTRACT

The aim of this study is to investigate the heart rate and oxygen saturation values of U13 footballers at competition occasion who stand in different cities. 34 footballers participated to the study totally who are playing U13 teams of Ankara Keçiören Bağlum Sport Club and Isparta Iyaş Youth and Sport Club. Height, weight, heart rate and oxygen saturation measurements were taken from research groups. In analyzing handled datas, Independent t Test was used at SPSS 18.0 for Windows. Research Groups’ height means found in Isparta Iyaş Youth and Sport Club 156.1±6.1 cm, found in Ankara Bağlum Sport Club 152.7±5.6 cm; weight means found in Isparta Iyaş Youth and Sport Club 47.0±3.7 kg, Ankara Bağlum Sport Club 48.4±4.0 kg. As comparing the heart rate values pre and during competition, differences found insignificant too (p>0.05). While comparing the oxygen saturation measurements in pre and 30th minute, differences were found statistically significant (p<0.05); in other comparison of oxygen saturation measurements, differences were found statistically insignificant (p>0.05). Based on the obtained data, we think that studying with more higher areas and groups will be useful for sharpening some differences and similarities.

Key Words: Football, Heart Rate, Oxygen Saturation.