

ANALYSIS OF THE PADDLE TENNIS PRACTICE: A HEALTHFUL SPORT FOR ALL

Luis Carrasco, Borja Sañudo Corrales, Moisés De Hoyo Lora

University of Seville, Seville, Spain

The aim of the present work is to determine the physiological exigencies as well as the structural characteristics of the paddle tennis practice in order to determine if these are between healthful intervals and therefore it can be recommended to the whole population. A total of 12 top level male players (age, mean \pm sd: 16.57 ± 1.51 years) participated in the study. Twenty-four hours before competition, the subjects carried out an incremental test on a treadmill, determining different cardiorespiratory parameters, such as oxygen uptake (VO_2) and heart rate (HR). In competition the total time of game (TT), the real time (TR), and the time of pause (TP) were registered, entering all the shots performed by the analyzed subjects. In addition, VO_2

and HR values were obtained during the competitive effort. The VO_2 in competition reached values below 50% of the maximum that those reached in treadmill test, whereas the mean HR represented, approximately, a 74% of the maximum HR reached in the same test. On the other hand, ratio TP: TR was 1 : 0.79 s, existing a predominance of the direct shots being volley the main shot. After the definition of the structural and functional characteristics of paddle competition, these last were very similar to those of individual tennis. Taking into account that these exigencies are on the healthful rank advised by the ACSM, we recommend its practice to a wide spectrum of the population.

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Palacký University, Olomouc, Czech Republic

All contributions were reviewed anonymously. Faculty of Physical Education, Katowice, Poland

Všechny příspěvky byly recenzovány anonymně. Faculty of Physical Culture
Palacký University, Olomouc, Czech Republic

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