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## Peculiarities Of The Formation Of A Vegetative Tonus In Adolescents In The Conditions Of Various Motor Activity Regimes.

Maria V Shaykhelislamova\*, Natalia B. Dikopolskaya, Gulfia A. Bilalova,  
Alena D. Komarova, and Timur L. Zefirov.

Kazan Federal University, 18, Kremlyovskaya Street, Kazan, 420008

### ABSTRACT

On the basis of the mathematical analysis of a variation pulsogram features of vegetative regulation of heart rhythm for hockey players of 11-15 years are investigated, the comparative characteristic with indicators of the boys of a control class who are engaged in physical training in volume of comprehensive school is carried out. It is established that irrespective of the physical activity mode at all boys the instability of vegetative regulation of heart rhythm is observed, however the fullness and a percentage ratio of groups of the initial vegetative tone (IVT) at young athletes has the features: in 11, 12 and 13 years the sympathicotonic option prevails, the percent of children with vegathicotonic option of IVT increases with age. For boys who are not playing sports, opposite is correct – the strengthening of sympathetic influences on heart rhythm is observed. At the same time the number of boys with sympathicotonic option of IVT increases almost to 70.00%, and vagothonic decreases to 16.00% that is followed by pubertal "jump" of heart rate which value in control group increases from 13 by 14 years by reliable size. That is, systematic muscular trainings exert the dominating impact on formation of a vegetative tone of teenagers, suppressing the evolutive processes connected with puberty.

**Keywords:** heart rhythm variability, initial vegetative tone, hockey players of 11-15 years.

*\*Corresponding author*