

REVIEW OF BATTLE ROPE ON PHYSICAL STATUS AND HEALTH

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Abstract

Battle Rope as early as the 1930 s the army precedent for military training, in the 1990 s was first professional boxers are widely used in integrated combat speed and physical training of core stability, more and more sports teams find that battle line training can better improve the comprehensive abilities of athletes, sports level of ascension, gradually accepted by more and more sports, provide effective training for professional help. Although relevant studies have shown that the war rope movement can improve the physical quality and health level as an intervention, it still lacks the basic research of its metabolic characteristics.

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1. Introduction

Battling Rope as early as the 1930 s the army precedent for military training, in the 1990 s was first MMA professional boxers are widely used in integrated combat speed and physical training of core stability, more and more sports teams find that battle line training can better improve the comprehensive abilities of athletes, sports level of ascension, gradually accepted by more and more sports, provide effective training for professional help. Although relevant studies have shown that the war rope movement can improve the physical quality and health level as an intervention, it still lacks the basic research of its metabolic characteristics.

2. Results and Discussion

Exercise prescription must be formulated in accordance with scientific principles, like the doctor to develop treatments for patients of different sports scientific and cautious, because the movement characteristics of different sports, training methods, different load intensity and load, practitioners also have different training level and functional status, which determines the different sports during the process of sports involved in the power system power ratio is different, also determines the characteristics of different energy metabolism.

Therefore, it is only by mastering the characteristics and laws of energy metabolism process of each exercise program that a reasonable exercise program can be developed scientifically. At present, although the energy metabolism of the article is more, but the sport of energy metabolism in the process of study is less, especially in the domestic, many projects of energy metabolism study or blank, battle line movement characteristics of energy metabolism in the process of the study is one of the aspects.

Explore to participate in the physiological indexes in the rope movement of (change in heart rate, V_{O_2} , CO_2 emissions) and the substrate metabolism features, the energy consumption situation changes over time, will further enrich the movement characteristics of energy metabolism in the process of research, perfect the relevant theory research.

Through the research for the project involved in war rope movement of energy metabolism, provide a reference to provide theoretical basis for the training of competitive sports, is engaged

in the sport nationwide fitness campaign slimming exercise fitness provide theoretical guidance is of great significance.

qiangzhang, by different parts of the body's largest load to the human body movement in the process of gas metabolism, energy metabolism, and the mechanical efficiency of experimental study shows that different forms of movement in the process of mechanical efficiency and V_{O2} growth rate and its growing time, a larger V_{O2} growth, the longer the duration, the higher the mechanical efficiency, mechanical efficiency is related to the characteristics of energy metabolism (RQ), anaerobic metabolism involved in energy ratio is inversely proportional to the mechanical efficiency relations: mechanical efficiency and breathing. Cycle efficiency (V_{O2} / HR , VE_{O2}), oxygen consumption economy, and the body's ability to adapt to sports load (HR/W), respiratory cycle efficiency and the higher oxygen consumption economy, the stronger the ability to adapt for the moving load, the higher the mechanical efficiency.

After the 1960 s, with the rapid development of science and technology, labor productivity and people's standard of living increased quickly, and good social benefits not only improved people's quality of life, also brought hidden trouble.

National health crisis caused by lack of physical activity become intractable problems in western developed countries, the national health care spending increases, far more than GDP growth, high incidence of chronic disease has affected the further improvement in labor productivity. An increasing number of organizations and agencies recognize the value of exercise in promoting health, believing that inactivity is the greatest "epidemic". Education is an important measure to improve residents' health, improve quality of life, prevent diseases, save national health expenditure and achieve national public health goals. For nearly half a century, global chronic diseases and high health care costs have made governments aware of the need to shift their focus from "cure" to "prevention". American sports Medicine institute of sport Is good (Exercise Is Medicine, EIM) idea, get the social from all walks of life and widely recognized around the world, for many chronic diseases prevention and control of Exercise therapy Is required, the effect Is better than other drugs.

Astorino outstanding female endurance athletes for the test, the test using the different exercise intensity, to analyze various strength test results and the experimental results that the women's excellent endurance athletes when exercise intensity was 75% VO₂max fat consumption, energy supply and consumption ratio reaches a maximum. Rosenbergen from the aspect of the quantitative research of various intensity exercise found in the body's energy consumption and the substrate metabolism: 95% lactic acid strength motion time's total energy output is significantly higher than 75% lactate threshold intensity exercise total energy output level. There are also differences in the oxidation amount of carbohydrate in the process of exercise, and there are some differences in the oxidation amount of fat.

4. Conclusion

The combat rope can have a beneficial effect on the human body function, reduce the fat content, can be promoted for the mass fitness, but the corresponding exercise prescription is not clear, need further study.

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