

HYPEROXY AS A FORM OF ANAEROBIC WORKLOAD REDUCTION ON THE ELITE BASKETBALL PLAYERS

Abstract

In our research we were monitoring reaction of the body of basketball players on the inhalation of oxygen concentrate of 99,5%. We were testing sportsmen on treadmill and on specific basketball test – Jugo test. Our research showed that after inhalation of oxygen players had lower lactate level (after third time). We didn't find significant evidence that inhalation had positive effect on basketball players shooting. Result of our research is that inhalation of 99, 5% oxygen has positive effect during anaerobic loading in sport.

Key words: *oxygen, lactate, loading, basketball players*
