

RESULT OF HEART RATE, PLAYING TIME AND PERFORMANCE OF TAMILNADU BADMINTON SENIOR RANKING PLAYERS

***Savarirajan, R.**

Director of Physical Education, Arignar Anna Government Arts and Science College, Karaikal,
INDIA.

Email: savariphd@yahoo.com

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ABSTRACT

The purpose of the study was observe and evaluate the results of heart rate, playing time and performance of Tamilnadu Badminton senior ranking players. Eleven badminton players (mean (SD) age 21.8 (3.26) years) with national experience from four different districts (Kancheepuram, Virudhunagar, Coimbatore and Pudukottai) were studied. Two of the Coimbatore players were monitored in several matches, giving a total of 14 samples, all during the 2014 Tamilnadu Senior Ranking Tournament. Maximum and average heart rates were recorded with a heart rate monitor. All variables were measured during and after the game and later analyzed using a descriptive study. The results confirmed the high demands of the sport, with a maximum heart rate of 190.5 beats/min and an average of 173.5 beats/min during matches over 28 minutes long and performance intervals of 6.4 seconds and rest time of 12.9 seconds between exchanges. The results suggest that badminton is characterized by repetitive efforts of a lactic nature and great intensity which are continuously performed throughout the match. An awareness of these characteristics, together with data on the correlations between certain actions such as unforced errors and winning shots and the final result of the match, will aid in more appropriate planning and monitoring of specific training.