

عنوان مقاله:

"Wearable technology in aerobic and anaerobic sports"

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خلاصه مقاله:

There are many types of technology clothing that, with the advancement of technology every day, can be used in the public sphere, but at the same time it protects your health and the sports that support you. Apart from commercial applications, wearable technology is also present in navigation systems, advanced textiles, and health care services and is becoming more and more pervasive. Wearable devices such as sports and health gadgets are examples of the Internet of Things that can use sensors, software, and the Internet to exchange information with operators, users, and other devices without human intervention. Wearable technologies that monitor sports activities usually measure the maximum oxygen consumption (VO_2 max). Maximum amount of oxygen consumption is defined in sports activity and one of the determining factors is the maximum amount of tolerance of a person during exercise. The main difference between aerobic and anaerobic exercise is the presence of oxygen. Anaerobic or oxygen-free exercise Unlike aerobic exercise, it does not use oxygen for metabolism and energy production. In this article, we introduce wearable technologies designed to monitor aerobic and anaerobic activities.

کلمات کلیدی:

.wearable technology; Aerobic and anaerobic exercises; Oxygen; Application of wearable technologies

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