

## Heart Rate Variability as a Measure of Training Response and Performance in Athletic Populations

Presenter: Julian Egan-Shuttler

Advisor: Professor Stephen Ives and Professor Rohan Edmonds

### Abstract

Heart rate variability (HRV) is the measurement of variations in time between inter-beat (RR) intervals. Heart rate and rhythm are regulated by the autonomic nervous system, and the differences between RR intervals represent a fine tuning of beat-to-beat control mechanisms. HRV has been widely used in athletic populations, being measured during exercise, after exercise, and as a predictor of athletic performance. R<sub>T</sub>J<sub>s</sub>.