

Affective Responses to Physical Exercise Performed Until Maximal Voluntary Exhaustion in Simulated Hypoxic Condition

Abstract

Physical exercise has been cited as important strategy to maintaining and promoting health with clear impact on mental health and quality of life. On the other hand, little is known about these effects, particularly when this activity is performed in hypoxic conditions. Considering the increasing number of people annually are exposed to altitude, research on the subject become relevant. Thus, we investigated mood and affective responses to exercise performed until maximal voluntary exhaustion in simulated hypoxic condition in younger's. It was found that the simulated hypoxia promoted a decrease of the mood accompanied by high fatigue. These results can negatively affect athletic performance may be associated with fatigue caused by stress of this nature. More studies are necessary to know these psychobiological changes, as well to establish strategies to minimize these emotional changes.

Keywords: Physical Exercise, Affective Responses, Maximal Exhaustion, Simulated Hypoxic