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The invention refers to medicine, in particular to the sports and curative medicine.

Summary of the method of determining the maximum permissible duration of physical activity consists in determining at rest, then during the physical activity, every 3 min the cardiac beat rate, the respiration rate, the systolic and diastolic arterial pressure, afterwards the obtained data are graphically recorded with establishment of vector direction for each index and it is determined the time when the established directions of the vectors differ between them, corresponding to the maximum permissible duration of physical activity.

Claims: 1