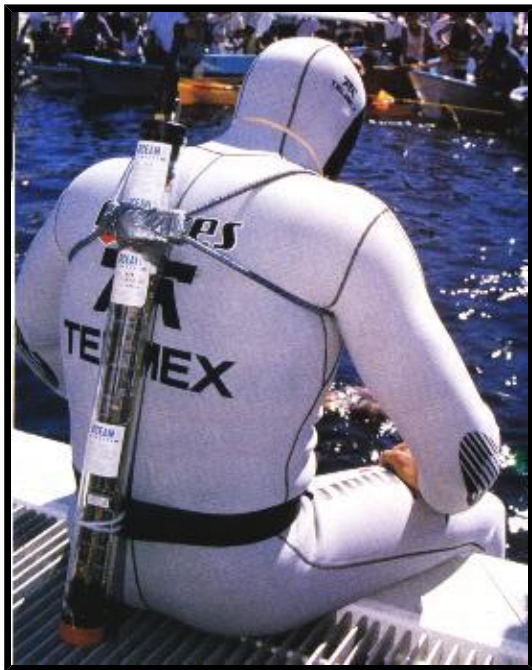


# I INTRODUCTION TO THE APNEA

The term apnea is defined as the halting of the respiratory movements, is of voluntary or involuntary form. The produced voluntary apnea in certain conditions constitutes demotes complex in which Some of these factors take part great cantida d of common factors to other



competitive activities more orthodox are the necessary concentration,el required training,la existence of diverse and complex techniques, the organization of championships, records, the importance of the individual capacity and its recognition and regulation like sport activity on the part of world-wide organizations.

The apnea is to aquatic means,ya that all the existing modalities are made in immersion,es to say, under the water inevitably united.

This activity is practiced like so by an increasing number of people, as much in the sea or swimming pools, as in graves (artificial swimming pools of great depth, like average about fifteen meters).

Even so,es a totally minority sport and enough unknown. However, it serves as base other popular sports my, as the submarine fishing or the free diving.

Three of the five existing categories consist of reaching the greater possible depth following certain norms.

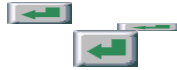
The human body is adapted to the terrestrial atmosphere and the pressure Por that, finds many difficulties when having to move in aquatic means, so different In addition,la depth reached about the great apneistas is very great, and this causes great difcilmente superable problems of pressure.



➡ **. MODALITIES AND RECORDS.**

➡ **. PHYSIOLOGY OF THE APNEA (WHY**

**THE SÍNCOPE TAKES PLACE, ETC..)**



**E-MAIL**