

## **THE POLYGRAPH, A TOOL USED TO OBJECTIFY THE PHYSIOLOGICAL INDEX IN THE RESERACH CARRIED OUT IN PHYSICAL EDUCATION AND SPORTS**

### **Abstract**

The paper presents a short history of biodetection, grounded on the polygraphic records and on the contributions of Lombrozo, Marston, Munsterberg, Mac Kenzie, Larsen, Keller and Reid. Judicial biodetection has been employed successfully in Romania since the 80<sup>s</sup>. The polygraphic technique is based on the recording of psycho-emotional and neuro-vegetative responses with effect on the heart rate, blood pressure, rhythm, and electrodermic activity. They constitute reactions to certain questions that the subject under investigation is asked. The use of the polygraph in sports is extremely helpful in psychological counselling. Further studies will be conducted and their results will be reported in a future paper.

**Keywords: biodetection, polygraph, neuro-vegetative reactions, psychological counselling in sports.**