

Abstract

Title: Analysis of the explosive power of the lower limbs during the racing period of junior national downhill skiing team.

Objectives: The main aim of this thesis is to determine the possible difference between the level of explosive power of the lower limbs before the racing period and just before the end of the racing period in junior downhill skiing team.

Methods: In a double measurement, 10 skiers (n=10) were measured for differences in explosive power levels by using specially made test battery before the start of the racing season (December 2020) and after the end of the season (April 2021). Output measure values were compared to input values and the significance of gains or losses in scores on the output measure was assessed using a reliability test.

Results: Over half of the comparisons were substantively significantly better between the input and output measurements.

Keywords: force, explosive force, skiing, comparison