

Abstract

Hurdles run technique analysis in the 400m hurdles

Thesis objectives:

The main objective is to compare the technique hurdles run in the race tempo on the track 400 m hurdles at the selected probands. Tasks are identified kinematic parameters separately for each proband and identify their weaknesses in technique.

Method:

Analysis techniques hurdles run was done by using 3D kinematic analysis. Observed space-time events were recorded on two digital cameras. Records was transferred to a suitable digital format and processed in the program TEMA. For a clearer presentation of output data from the TEMA program was used Microsoft Excel.

Results:

In all three probands were found deficiencies in hurdles run technique. Further differences were found in the hurdles run technique of each other probands.

Keywords:

Hurdle, run, technique, kinematic analysis