

Abstract

Title: Mutual dependence of laterality and kinetic abilities in women floorball

Aim: The purpose of this graduation thesis is to broaden the pieces of knowledge of a potential lateral preference of the upper limb depending upon an energetic output in floorball. It should determine dependence of kinetic output on preferred and non preferred holding of the floorball stick. The thesis should also determine dependence of the preferred and non preferred holding of the stick on the process of training. It should explain if there are any skill differences between the female floorball players and general population. And if there are some, the differences are to be proved.

Metod: The standardized questionnaire Edinburgh Handedness Inventory (Ransil, Schachter 1994) and kinetic test of a bimanual preference have both been applied for realization of the established achievement. The results of the female players were compared with the results of the general population. Women were divided into four groups according to their lateral preference and their preference of holding the floorball stick. These results have also been compared.

Results: This research project proved differences between kinetic skills conducted by preferred stick holding and non preferred stick holding. The female floorball players showed a better kinetic output when they were using their preferred holding in contrast when using their non preferred holding. Together with this fact, the kinetic output of the players with non preferred stick holding proved to be better than the output of the general population that was using preferred stick holding.

Keywords: laterality, right-handedness, left-handedness, floorball, Edinburgh Handedness Inventory, lateral preference, kinetic skills, game output