

## **Abstract**

**Title:** The Influence of the Dance Sport on Poise

**Objectives:** The main goal of this diploma work is the creation of coordination maps of selected muscular structures in the body, its evaluation and assessment of the impact of the dance sport on poise. The research deals with the kinesiological analysis of muscle activation affecting postural stabilization of the dance couple.

**Methods:** Method of the surface electromyography combined with kinematography analysis used synchronized video recording has intended level of postural muscle activity in dance.

**Results:** Interpretation of the coordination maps selected muscular structures was founded that dance sport may result in muscle imbalances in the torso.

**Keywords:** Dance sport, Poise, Surface electromyography, Posture, Muscle disbalance