

Abstract:

Title: Nordic walking – muscle response at movement apparatus in pelves area.

Purposes: The aim of the thesis is to compare muscle timing in pelves area using EMG during free bipedal walk and during the walk with special sticks.

Methods: Surface electromyography combined with kinematografy analysis used synchronized video recording.

Results: It Managed to prove different muscle timing at Nordic walking and at free walk. It was proved lower activity of stabilization muscles at walk with sticks.

Key words: Nordic walking, surface electromyography, stabilization muscles, kinematics analysis, bipedal locomotion