

Author's first name and surname: Jan KMOCH

Department: FTVS UK, Department of Outdoor Sports

Supervisor: Mgr. Radka Bačáková

Abstract

Title: Comparative analysis of chosen skating techniques at cross-country skiing.

Objective: Comparison of leg muscle coordination at different skating techniques in one locomotive cycle at cross-country skiing and free bipedal walk.

Methods: Comparative analysis of electromyography records of muscle activation in combination with kinematography analysis of video record.

Results: There were found similarities and differences in muscle activation timing at observed muscles.

Keywords: skating at cross-country skiing, bipedal walk, surface electromyography