Title:

Kinesiological Analysis of the Rowing Stroke.

Objectives:

The aim of this thesis is to obtain, to analyse and process received data about the activity and involvement of the selected measured muscles, working throughout one cycle of the rowing stroke – in the course of the drive phase and during the recovery part of the stroke as well.

Methods:

The work is processed by a kinesiological analysis of selected movement of the rowing stroke, based on the determination of muscle activation. Electromyography method was synchronized with the video recording.

Results:

Based on the sequences of the muscle activation was described their order and sequence in the actual shot of the rowing stroke (drive phase and recovery). We have proved that in the rigorous technical performance are always activated the same muscles in the exactly same order. Individual deviations from the correct technique in measuring appeared and thus enable their correction.

Keywords:

Electromyography, rowing, muscles, stroke.