

ABSTRACT:

Title:

Comparative analysis of direct forward stroke performed on single canoe in flatwater canoeing.

Goals:

The goals of study is to describe and compare the movement pattern of a forward paddle stroke on a canoe in flatwater and in the paddling pool (flum).

Methods:

The work has mixed empirical-theoretical character, The study is a descriptive individual study. Muscle activity was measured using surface electromyography with synchronized video recording (kinematic analysis).

Results:

We found differences in the sequence of muscle activity in the direct paddle stroke on a canoe. The main sequential difference were found with these muscles: musculus triceps brachii R, m. biceps brachii L, m. external abdominal oblique L.

Key words:

Flatwater canoeing, C1 women, flum, elektromyography, forward stroke