

Abstract

Title: Skicross start analysis

Objectives: The aim of this diploma thesis is to describe and evaluate the activity of muscles of upper body during skicross start and afterwards compare sides to find out, how is that movement symmetric or asymmetric.

Methods: The diploma thesis is empiric-theoretic about case study. We used method of analysis and a method of comparison. For analysing the muscles activity, we used method of electromyography. We used comparison when comparing the activity of muscles on right and left sides.

Results: After analysis of result we can declare the skicross start analysis is sym-metrical movement.

Keywords: skicross start analysis electromyography