

Abstract

- Title:** Involvement of muscle groups during specific ways of movement beneath the water surface
- Objectives:** The aim of the thesis is to find that selected muscle groups or leg muscles most involved in locomotion at specific ways to move the scuba diver under the water surface and also to compare the percentage of one intermeshing cycle are active muscles being measured, and what percentage of their involvement they vary from specific movements during the water surface.
- Method:** The research was conducted by monitoring surface EMG measurements. The research group consists of five experienced scuba divers. Results are interpreted using tables and bar graphs using the functions in Excel.
- Results:** The results show that most wiring muscles in modified breaststroke kick are rectus femoris (proband 1, 2), m. biceps femoris (proband 2, 4) and gluteus maximus (proband 3, 5). When freestyle kick It is vastus lateralis (proband 3, 4, 5). In Table 4, can be traced, the percentage of one intermeshing cycle will involve more muscles, and whether it was in freestyle kick and modified breaststroke kick. It is here to find some interindividual tendency as in Table 5 and Table 6, which show the percentage when the muscle enters into engagement cycle and terminating its activity in meshing cycle.
- Keywords:** water, fins, muscle.