

KINESIOLOGY ANALYSIS OF CROSS-COUNTRY SKIING AND ROLLER SKIING

Jiří Suchý¹, Bronislav Kračmar^{1, 2} 1 Charles University, Faculty of Physical Education and Sport in Prague 2 MONADA Clinic of Complex Rehabilitation, Prague

INTRODUCTION

The ontogenesis of human locomotion culminates in unsupported bipedal walking. We anticipate that the patterns for locomotion in sport correspond to the patterns for walking. In our study we analysed the coordination of the motion of selected muscle groups engaged in skating on cross-country skis, and carried out a comparison between skating on cross-country skis and skating on roller skis. In both instance the research subject used ski poles.

METHODS

In our study we analysed the coordination of the motion of selected muscle groups engaged in skating on cross-country skis, and carried out a comparison between skating on cross-country skis and skating on roller skis. In both instance the research subject used ski poles.

RESULTS

We discovered a kinesiological similarity between both types of skate skiing, and on the basis of our monitoring we can confirm the appropriateness of the use of roller skis for ski training.

DISCUSSION

Key words: human locomotion, electromyography, skating on cross-country skis and on roller skis.

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