

Abstract

Title: The effect of selected exercises from the yoga system on performance in the air pistol shooting discipline.

Objectives: The aim of this study is to assess the effect of selected exercises inspired by the yoga system on performance in sport shooting.

Methods: The methods used in the writing of this empirical-theoretical work are as follows: analysis of available scientific publications, periodicals, internet sources, research of these study sources and their subsequent compilation.

The thesis also includes an experimental study, where a paired t-test is used to verify the effect of the intervention on the accuracy of shooting in the selected discipline of air pistol.

Results: Confirmation or refutation of the effect of selected exercises from the yoga system on accuracy in the air pistol discipline.

Keywords: Yoga, shooting sports, accuracy