

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 whether selected exercises from the yoga system have any effect on the quality of shooting.
- Methods:** In the theoretical part of the thesis the following was used: analysis of available professional publications, periodicals, internet sources, research of these study sources and their subsequent compilation. In the empirical part, a quasi-experimental study was used. The thesis verifies the effect of selected yoga exercises on the accuracy of shooting in the selected discipline of air pistol using paired t - test.
- Results:** The results of the research are shown in tables and bar charts. The results show that the specific yoga exercises with the time interval chosen for this research do not have a significant effect on accuracy in the sport of shooting, the discipline of Air Pistol.
- Keywords:** Yoga, shooting sports, accuracy