

Abstract

Title: The Analysis of the Standing Shooting Position in Air Rifle

Objectives: The main aim of this bachelor thesis is to describe the standing shooting position in air rifle and to make a kinesiology analysis of this position which includes the body posture, the holding of the weapon, breathing, aiming and pushing the trigger.

Methods: The used method is descriptive analysis.

Results: The result of this bachelor thesis will be the analysis of the standing position in air rifle. On the basis of the theoretical knowledge a compensational exercise for the rifleman will be suggested.

Key words: shooting, air rifle, shooting position, muscle imbalance, fitness training, compensation exercises