

This bachelor thesis is dealing with basic principles of a movement of a shoulder joint and shoulder blade with a regard to the archery. The first part includes anatomical , biomechanical and kinesiological information about the shoulder girdle. The second part is discussing basic principles and techniques of a movement in the shoulder joint with an emphasis on forces and a work of muscles between shoulder blades. The last part is a brief focus of problems in the shoulder joint which may arise from an improper shooting technique .