

Abstract

Title: Kinesiological analysis of selected techniques in greco-roman wrestling

Objective: The aim of this Thesis is to measure the extent to which various muscles are involved during the practice of the wrestling technique body lock, lift and suplex. It also considers the order in which the muscles are involved. The research applies surface electromyography.

Methods: The theoretical part of this Thesis is predominantly based on the method of analysis and synthesis of the specialized literature. In the practical part, the surface electromyography was used to measure which muscles are involved in the body lock, lift and suplex. Subsequently, the difference of the motion performance of the four probands was evaluated. Furthermore, the timing of muscle activation was monitored.

Results: The evaluation of the result showed that musculus rectus femoris is the most involved in the movement and the least musculus obliquus externus abdominis. In addition, it was found that m. Obliquus externus abdominis is involved first, while the last one is involved with m. Biceps femoris.

Key words: Wrestling, electromyography, quality of movement, muscle activation