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Volume 26, 2009
Volume 25, 2008
Volume 24, 2007
Volume 23, 2006
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Volume 21, 2004
Volume 20, 2003

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» Journal Abstract

Maintaining body balance in extreme positions

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The aim of the paper is the analysis of the process of maintaining body balance during handstand and one leg toe stance, which are the basic exercises in artistic and rhythmic gymnastics – respectively. The subject of the study were ten artistic gymnasts (5 boys, 5 girls) who were asked to stand on hands and five girls – rhythmic gymnasts, who stood on tiptoe of one leg. Both tasks were repeated three times. Participants stood on KISTLER force platform for 10 and 20 s – respectively. The displacement of the foot and hands center of pressure (COP) in time function were recorded. Factors: standard deviation, range and frequency of COP displacement on sagittal and frontal planes were calculated in this study. The maintaining of body balance during the handstand, executes mainly in an anterior – posterior direction which differs from one leg toe stance where the frontal displacement of COP is more important for body stability.

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Back