7th INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY

Fundamental and Applied Kinesiology – Steps Forward

May 22 - 25, 2014, Opatija, Croatia

Proceedings

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Vladimir Psalman and Jozef Baša
BIOMECHANICS OF SKI TURN MOVEMENT IN DOWNHILL SKIING

Ozren Radenović, Ljubomir Antekolović and Ivan Jurak
DIFFERENCES IN PERFORMANCE OF ISOLATED ARM SWINGS IN ATHLETICS, VOLLEYBALL AND ARTISTIC GYMNASTICS

Zdenek Svoža, Lucia Bizovska, Zuzana Kovackova, Patrik Kutílek and Ales Gaba
VARIABILITY OF CENTRE OF PRESSURE MOVEMENT IN STATIC AND DYNAMIC CONDITIONS IN MIDDLE-AGE WOMEN

Ivan Šerbetar
THE ROLE OF DYNAMIC SYSTEMS IN MOTOR DEVELOPMENT RESEARCH: JUST A METAPHOR OR A NOTABLE REALITY?

Martin Vaváček and Marek Hardoň
DEPENDANCE OF THE SHOT PUT PERFORMANCE ON THE SELECTED KINEMATIC PARAMETERS OF THE TECHNIQUE

Lucie Vorlickova and Pavel Korvas
EVALUATION OF REHABILITATION INFLUENCE ON STATIC PARAMETERS OF FOOT IN FLATFOOT DIAGNOSIS

Martin Zorko, Blaž Lešnik, Bojan Nemec, Jan Babič and Matej Supej
COMPARISON BETWEEN KNEE JOINT KINEMATICS IN LABORATORY SKIING SIMULATION AND IN REAL SKIING WHILE USING SKIES OF DIFFERENT WIDTH

Martin Zvonar and Katerina Kolarova
CASE STUDY: VERIFYING THE EFFECT OF SPECIFIC ORTHOPAEDIC INSOLES AND BIOMECHANICAL SHOES ON PLANTAR PRESSURE

Kristina Buckova, Zuzana Hirjakova and František Hlavacka
POSTURAL ADJUSTMENTS OF LEANING DURING STANCE ON INCLINED SURFACE

Saeed Ghorbani and Andreas Bund
THE ROLE OF RELATIVE MOTION INFORMATION DURING OBSERVATIONAL LEARNING IN SPORTS

Michaela Hassmann, Mario Heller, Arnold Baca, Miran Kondrič and Kerstin Witte
ANALYZING INDIVIDUAL COORDINATION PATTERNS OF FOREHAND TOPSPIN TABLE TENNIS STROKES DURING FATIGUE USING PCA

Zuzana Hirjakova, Jana Lobotkova and František Hlavacka
VISUAL BIOFEEDBACK MAGNIFICATION FOR STANCE CONTROL IN YOUNG AND ELDERLY

Katja Koren, Boštjan Simunič, Enrico Reje, Stefano Lazzer and Rado Pišot
SKELETAL MUSCLE’S CONTRACTILE PARAMETERS DIFFER WHEN MEASURED FROM LONGITUDINAL THAN FROM TRANSVERSAL TWITCH DEFORMATIONS

Vladimir Kunitson, Kristjan Port and Tatjana Gnezdičova
COMPARISON ANALYSIS OF FINSWIMMING WITH RIGID AND SOFT MONOFINS

Jana Lobotková and Kristina Bučková
POSTURAL ADJUSTMENTS IN GAIT INITIATION DETECTED BY INERTIAL SENSORS

Zrinka Potocanac, Jaap van Diëen, Sabine Verschueren, Jacques Duyssens and Mirjam Pijnappels
ONLINE STEP ADJUSTMENTS DURING UNEXPECTED TRIPPING

Wisam Salah and Talib Hussein
EFFECTS OF SUGGESTED EXERCISES OF SENSITIVE – MOVEMENT REALIZATION DEVELOPMENT AND RESPONSE SPEED IN PERFORMANCE ACCURACY OF SOME OVERHEAD KICKS FOR YOUTH BADMINTON

Andi Spahi, Juel Jarani and Agron Kasa
THE IMPORTANCE OF A WELL BALANCED STRENGTH TRAINING PROGRAM IN DIFFERENT SPORTS IN YOUTH FOR LOWER EXTREMITIES
THE ROLE OF RELATIVE MOTION INFORMATION DURING OBSERVATIONAL LEARNING IN SPORTS

Saeed Ghorbani¹ and Andreas Bund²

¹Institute of Sport Sciences, University of Oldenburg, Germany
²EMACS Research Unit, University of Luxembourg, Luxembourg

Purpose

The purpose of present study was to investigate the relative effects of observing video, stick-figure and point-light model demonstrations on performing a Baseball pitch.

Methods

41 novice adults performed 5 familiarization trials, three blocks of 10 training trials with three times of model demonstrations prior to each block, and two retention tests of 5 trials in 10 min and one week later. Kinematic pattern and time of global movement and movement phases were measured as dependent variables.

Results

Results revealed no significant differences between demonstration groups and control group. Analysis of movement phases showed a significant improvement in stride phase from pretest to acquisition blocks in all variables.

Conclusions

Results are discussed in terms of theoretical and methodological aspects.

Key words: Observation, model demonstration, Baseball pitch