DIFFERENCES IN THE LEVEL OF MECHANICAL OUTPUT IN MAXIMUM VERTICAL JUMPING AND DURING BUNNY JUMPS STUDENTS

Atiković, Almir, Haris Pojskić, Jožef Štihec, Alija Biberović

*University of Tuzla, Faculty of Physical education Sport, Bosnia and Herzegovina

bUniversity of Ljubljana, Faculty of Sport, Slovenia

Abstract

The aim of this study was to investigate the relationship and differences between in the level of mechanical output in maximum vertical jumping students of Faculty of sport University of Tuzla. In hours of artistic gymnastics training bunny jumps and on vertical and horizontal jump height. On the sample consisted of female students (N=30) and male students (N=37) students 3 years for the Faculty of Physical Education and Sport University of Tuzla we find significant correlation between motoric ability coordination agility on the ground and bunny jumps.

Key words: Artistic Gymnastics, Biomechanics, Bunny Jumps, Optojump