

SPORTS DISCUS via Ebsco

Getting Started

1. Locate Articles by Subject on the main library page
2. Select Kinesiology from the Drop down menu.
3. Click SPORTS DISCUS
4. SPORTS DISCUS will open at a search screen

Doing a Search

Enter your search and click Search

Searching: **SPORTDiscus with Full Text** | Choose Databases »

vo2 in Select a Field (optional) Search Clear

and in Select a Field (optional)

and in Select a Field (optional)

Advanced Search | Visual Search | Search History/Alerts | Preferences »

Use the drop down menu to search by author, article title, subject, or source.

Limiting your Results

When you perform a search, Sports Discus produces a list of common subject headings found in your result list. These terms can be used to narrow and expand your search results.

- If one of your search terms appears in the list click it. It will remove articles that include the word, but do not really discuss the topic.
- Check to see if Sports Discus provides an alternative term to any of your search terms This will usually locate more materials on your topic.
- Use the list as a quick way to cut down large results by selecting additional search terms.

Do a quick limit Geographical location

Subject

Subject: Thesaurus Term

AEROBIC capacity

EXERCISE

OXYGEN -- Physiological transport

PHYSICAL fitness

ENERGY metabolism

EXAMINATIONS -- Validity

More »

Publication Type

Geography

UNITED States

JAPAN

HONG Kong (China)

Looking at the Record

Information required for citing this item

Title:	Biomechanical and physiological aspects of rifle shooting in simulated biathlon competition.
Authors:	Valleala, R. Nummela, A. Mononen, K. Nuutinen, A.
Conference:	International Symposium on Biomechanics in Sports (24th : 2006 : Salzburg, Austria)
Source:	In International Society of Biomechanics in Sports, Proceedings of XXIV International Symposium on Biomechanics in Sports 2006, Salzburg, Austria, University of Salzburg, c2006, p.401-403. 3p.
Language:	English
Country of Publication:	Austria
Subject Terms:	* SHOOTING * RIFLES * BIATHLON * PHYSIOLOGY * BIOMECHANICS FEEDBACK (Psychology) CALIBRATION
Abstract:	"In biathlon competition heart rate levels are commonly approximately 93 % of individual maximum heart rate during skiing. During the shooting heart rate level usually decreases to 61-73 % of maximum (Hoffman & Street, 1992). The result of biathlon competition is mostly affected by <i>VO2max</i> and upper body capacity (Rundell & Bacharach, 1995) and shooting performance including shooting time and <i>accuracy</i> (Hoffman, Gilson, Westenburg & Spencer, 1992). Shooting performance is affected by stability of shooting stance and rifle hold, especially in standing shooting (Gros Lambert, Candau, Hoffman, Bardy, & Rouillon, 1999). Physical loading diminishes shooting performance the more upper body muscles are involved in exercise (Hoffman, et al. 1992; Gros Lambert, Candau, Gillot & Rouillon, 1996; Gros Lambert, et al. 1999). Physical exercise and increasing muscle fatigue results poorer control of balance and shooting posture. Balance control abilities of biathlon athletes have been investigated only by Bozsik, Bretz and Kaske (1995), but connection between balance abilities and shooting result have not been established by any research. The aim of this project was to develop methods for measuring shooting performance in biathlon."

Check subject heading to find additional search terms

The abstract provides a quick overview of the article

Printing/Email/Saving

These icons should appear at the top items record

Format article or citation for printing

Email article or citation

Format article or citation to save to a disk

Format item for citing
Citations done this way will need to be edited

Export items to citation software

Place selected materials in a folder for further use
To access materials Your Folder see the instructions below

Using Your Folder

1. Click the folder icon at the top of the screen
2. At the next page, select the materials for the folder you wish to keep. You must select your materials be for proceeding to the next step
3. Select the option you wish to use
4. In the Print and Save features, Ebsco will format the materials for print or saving, removing any unneeded graphics. When emailing Ebsco will ask for your email address
5. To complete Printing or Saving use you browser's print or save functions