

PERFORMANCE DIAGNOSTICS OF POLE VAULTING

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After a brief presentation of the energy exchange concept in the pole vault an exemplary training session will be carried out at a specially designed pole vault measuring station. Biomechanical guidance will be provided on the basis of combined dynamometric and kinematic measurements. An optoelectronic system (Qualisys) will be used to track the full-body movement over the last 10 meters of the approach run up to bar clearance. Additionally kinetic data will be measured by three force plates in the run-up and an instrumented planting box. The set up allows to provide instant feedback to athletes and coaches after performing pole vault jumps.