

# Bio-physiological indicators in evaluating archery performance

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***Abstract:***

During archery performance, an archer is required to shoot an arrow to a target with a high degree of accuracy. To achieve a high degree of accuracy, several biophysiological elements must be regulated both during the stance and the aiming stages. It has been reported that in archery performance, an archer is expected to regulate his/her breathing pattern, maintains a steady flow of blood to the working muscles (not to be under extreme tension), as well as has an optimum level of energy

***Keywords:*** Bio-Physiological: Breathing Pattern; Performance Archers