

Psycho-Fitness Parameters in the Identification of High-Potential Archers

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Abstract:

The sport of archery is multitasking in its nature. The amount of energy expended in the process of carrying the bow and arrow, and the constant movement whilst shooting and retrieving the arrow shot as well as the psychological needs to cope with the pressure, anxiety and tension during competition could place a high demand of physical fitness and psychological preparation to the archers. Archery sport takes a longer hour to complete both during training and competition. Therefore, the ability of an archer to be physically fit and psychologically tough could be beneficial to the accomplishment of a high archery score.

Keywords: Physiological: Archery Sport; Physical Fitness