

## Publications

**PhDr. Petr Stastny Ph.D.**

### Chapters in collective monographs:

STASTNY P., F. LOPOT. a K. JELEN., Forced hypokinesia and discomfort. In: JELEN, K. a kol. eds., *Biomechanical reflection of human hypokinetic stress and its identifications*, Prague Karolinum 2012. ISBN 978-80-246-2182-1

ROCZNIOK R., STASTNY P., Hokej na lodzie – Ice hockey. In: ZAJAC A. and CHMURA J., *Współczesny system skolenia w zespolowych grach sportowych – Collected system of education in team sports games*, Wydawnictwo Akademii Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach. Katowice 2016, s. 11-125 ISBN 978-83-64034-52-1

Lehnert, M., Croix, M. D. S., Stastny, P., Maixnerova, E., Zaatar, A., Botek, M., ... & Lipinska, P. *The influence of fatigue on injury risk in male youth soccer*. Palacký University Olomouc. [183p.](#)

### Peer-reviewed journal articles - international

a) WOS Impact factor journals

**STASTNY, P., LEHNERT, M., ZAATAR, A., SVOBODA, Z., XAVEROVÁ, Z., JELEN, K.,** *Knee joint muscles neuromuscular activity during load-carrying walking*. *Neuroendocrinology Letters* 2014, 35(7), 633-639, [ISSN 0172-780X](#).

PETR, M., **STASTNY, P.**, PECHA, O., STEFFL, M., SEDA, O., & KOHLIKOVA, E., *PPARA Intron Polymorphism Associated with Power Performance in 30-s Anaerobic Wingate Test.*, *PLoS One* 2014, 9(9), [e107171](#).

**STASTNY P, LEHNERT M, ZAATAR A, SVOBODA Z, XAVEROVA Z, PIETRASZEWSKI P.** *The Gluteus Medius Vs. Thigh Muscles Strength Ratio and Their Relation to Electromyography Amplitude During a Farmer's Walk Exercise*. *Journal of Human Kinetics* 2015, 45(1), [157-165](#).

**STASTNY P, LEHNERT M, ZAATAR A, SVOBODA Z, XAVEROVA, SVOBODA Z.** Does the Dumbbell Carrying Position Change the Muscle Activity during Split Squats and Walking Lunges? *Journal of Strength and Conditioning Research*, 2015, 3177-3187,29 (11) [DOI: 10.1519/jsc.0000000000000976](#).

CIĘSZCZYK, P., WILLARD, K., GRONEK, P., ZMIJEWSKI, P., TRYBEK, G., GRONEK, J., **STASTNY P.** . . LULIŃSKA-KUKLIK, E. (2017). Are genes encoding proteoglycans really associated with the risk of anterior cruciate ligament rupture? *Biology of Sport*, 34(2), 97-103.

**STASTNY P, TUFANO JJ, GOLAS A, PETR M.** Strengthening the Gluteus Medius Using Various Bodyweight and Resistance Exercises. *Strength & Conditioning Journal*. 2016 Jun 1;38(3):[91-101](#).

MASZCZYK A, GOŁAŚ A, CZUBA M, KRÓL H, WILK M, **STASTNY P, ET AL.** EMG analysis and modelling of flat bench press using artificial neural networks. *South African Journal for Research in Sport, Physical Education and Recreation*. 2016;38(1):91-103. [link](#)

GOŁAŚ A, MASZCZYK A, ZAJAC A, MIKOŁAJEC K, **STASTNY P.** *Optimizing post activation potentiation for explosive activities in competitive sports*. *Journal of Human Kinetics*. 2016 Sep 1;52(1):[95-106](#).

HOJKA, V., **STASTNY, P.**, REHAK, T., GOŁAS, A., MOSTOWIK, A., ZAWART, M., MUSÁLEK, M. *A systematic review of the main factors that determine agility in sport using structural equation modelling*. *Journal of Human Kinetics*, 2016, 52, pp. [115-123](#).

ROCZNIOK, R., STANULA, A., GABRYŚ, T., SZMATLAN-GABRYŚ, U., GOŁAŚ, A., **STASTNY, P.**

*Physical fitness and performance of polish ice-hockey players competing at different sports levels. Journal of Human Kinetics, 2016 50 (2), pp. [201-208](#).*

**STASTNY PETR**, GOŁAŚ ARTUR, BLAZEK DUSAN, MASZCZYK ADAM, WILK MICHAŁ, PIETRASZEWSKI PRZEMYSŁAW, MIROSLAV PETR, ZAJĄC ADAM. *A Systematic Review of Muscle Activity during the Bench Press Exercise. Plos One, 2017 12 (2) pp [1-16](#)*

LEHNERT M, SIGMUND M, LIPINSKA P, VAREKOVA R, HROCH M, XAVEROVA Z, **STASTNY P**, HAP P, ZMIJEWSKI P. *Training-induced changes in physical performance can be achieved without body mass reduction after eight week of strength and injury prevention oriented programme in volleyball female players. Biol Sport. 2017;34(2):[205-213](#).*

ARTUR GOLAS, ADAM MASZCZYK, PRZEMYSŁAW PIETRASZEWSKI, JAMES TUFANO, **PETR STASTNY** AND ADAM MASZCZYK. *Effects of pre-exhaustion on the patterns of muscular activity in the flat bench press. Journal of Strength and Conditioning Research, in print.*

Gołaś, A., Maszczyk, A., Zajac, A., Mikołajec, K., & **Stastny, P.** (2016). Optimizing post activation potentiation for explosive activities in competitive sports. *Journal of human kinetics, 52(1)*, 95-106.

Golas, A., Wilk, M., **Stastny, P.**, Maszczyk, A., Pajerska, K., & Zajac, A. (2017). Optimizing Half Squat Postactivation Potential Load in Squat Jump Training for Eliciting Relative Maximal Power in Ski Jumpers. *The Journal of Strength & Conditioning Research, 31(11)*, 3010-3017.

CIĘSZCZYK, P., WILLARD, K., GRONEK, P., ZMIJEWSKI, P., TRYBEK, G., GRONEK, J., M WEBER-RAJEK, **P STASTNY**, M PETR, E LULIŃSKA-KUKLIK, K FICEK, E KEMERYTE-RIAUBIENE, E MACULEWICZ, SEPTEMBER AV. *Are genes encoding proteoglycans really associated with the risk of anterior cruciate ligament rupture? Biology of Sport 2017, 34(2), 97-103.*

Gołaś, A., Zwierzchowska, A., Maszczyk, A., Wilk, M., Stastny, P., & Zajac, A. (2017). Neuromuscular Control During the Bench Press Movement in an Elite Disabled and Able-Bodied Athlete. *Journal of human kinetics, 60(1)*, 209-215.

Wilk, M., Golas, A., **Stastny, P.**, Nawrocka, M., Krzysztofik, M., & Zajac, A. (2018). Does Tempo of Resistance Exercise Impact Training Volume?. *Journal of Human Kinetics, 62(1)*, 241-250.

Petr, M., **Stastny, P.**, Zajac, A., Tufano, J. J., & Maciejewska-Skrendo, A. (2018). The Role of Peroxisome Proliferator-Activated Receptors and Their Transcriptional Coactivators Gene Variations in Human Trainability: A Systematic Review. *International journal of molecular sciences, 19(5)*, 1472.

**Stastny, P.**, Lehnert, M., & Tufano, J. J. (2018). Muscle Imbalances: Testing and Training Functional Eccentric Hamstring Strength in Athletic Populations. *Journal of visualized experiments: JoVE, (135)*.

Gołas, A., Maszczyk, A., Pietraszewski, P., Wilk, M., **Stastny, P.**, Strońska, K., ... & Zajac, A. (2018). Muscular activity patterns of female and male athletes during the flat bench press. *Biology of Sport, 35(2)*.

Wilk, M., **Stastny, P.**, Golas, A., Nawrocka, M., Jelen, K., Zajac, A., & Tufano, J. (2018). Physiological responses to different neuromuscular movement task during eccentric bench press. *Neuroendocrinology Letters, 39(1)*, 101-107.

Gryc, T., **Stastny, P.**, Zahálka, F., Smółka, W., Żmijewski, P., Gołaś, A., ... & Malý, T. (2017). Performance and kinematic differences in putting between healthy and disabled elite golfers. *Journal of human kinetics*, 60(1), 233-241.

Vetrovsky, T., Steffl, M., **Stastny, P.**, & Tufano, J. J. (2018). The Efficacy and Safety of Lower-Limb Plyometric Training in Older Adults: A Systematic Review. *Sports Medicine*, 1-19.

Hojka, V., Tufano, J. J., Malý, T., **Šťastný, P.**, Jebavý, R., Feher, J., ... & Gryc, T. (2018). Concurrent validity of Myotest for assessing explosive strength indicators in countermovement jump. *Acta Gymnica*, 48(3), 95-102.

Lopot, F., Rawnik, D., Koudelkova, K., Kubovy, P., & **Stastny, P.** (2018, September). The Influence of Woman's Mastectomy on Breathing Kinematics. In *The International Conference of the Polish Society of Biomechanics* (pp. 36-44). Springer, Cham.

Gonosova, Z., **Stastny, P.**, Belka, J., Bizovska, L., & Lehnert, M. (2018). Muscle strength variations of knee joint muscles in elite female handball players after pre-season conditioning. *Journal of human kinetics*, 63(1), 105-115.

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Lehnert, M., Croix, M. D. S., Xaverova, Z., Botek, M., Varekova, R., Zaatar, A., ... & **Stastny, P.** (2018). Changes in injury risk mechanisms after soccer-specific fatigue in male youth soccer players. *Journal of Human Kinetics*, 62(1), 33-42.

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Koksteyn, J., Musalek, M., Wolanski, P., Murawska-Ciałowicz, E., & Stastny, P. (2019). Fundamental Motor Skills Mediate the Relationship Between Physical Fitness and Soccer-Specific Motor Skills in Young Soccer Players. *Frontiers in Physiology*, 10.

De Ste Croix, M., Lehnert, M., Maixnerova, E., Zaatar, A., Svoboda, Z., Botek, M., ... & Stastny, P. (2019). Does maturation influence neuromuscular performance and muscle damage after competitive match-play in youth male soccer players?. *European journal of sport science*, 1-10.

**Stastny, P.**, Lehnert, M., De Ste Croix, M.B., Miroslav, P., Svoboda, Z., Maixnerova, E., Varekova, R., Botek, M., Petrek, M., Kocourkova, L., Ciężczyk, P., (2019) *The effect of COL5A1, GDF5 and PPARA genes on a movement screen and neuromuscular performance in adolescent team sport athletes.* Journal of Strength and Conditioning Research. 33(8), 2057-2065.

Blazek, D., **Stastny, P.**, Maszczyk, A., Krawczyk, M., Matykiewicz, P., & Petr, M. (2019). Systematic review of intra-abdominal and intrathoracic pressures initiated by the Valsalva manoeuvre during high-intensity resistance exercises. *Biology of Sport*, 36(4), 373.

Maszczyk, A., Dobrakowski, P., Żak, M., Gozdowski, P., Krawczyk, M., Małecki, A., **Stastny P** & Zajac, T. (2019). Differences in motivation during the bench press movement with progressive loads using EEG analysis. *Biology of Sport*, 36(4).

Novák, D., Lipinska, P., Rocznio, R., Spieszny, M., & **Stastny, P.** (2019). Off-Ice Agility Provide Motor Transfer to On-Ice Skating Performance and Agility in Adolescent Ice Hockey Players. *Journal of Sports Science & Medicine*, 18(4), 680.

Gryko, K., **Stastny, P.**, Kopiczko, A., Mikołajec, K., Pecha, O., & Perkowski, K. (2019). Can Anthropometric Variables and Maturation Predict the Playing Position in Youth Basketball Players?. *Journal of human kinetics*, 69, 109.

Jurik, R., & **Stastny, P.** (2019). Role of Nutrition and Exercise Programs in Reducing Blood Pressure: A Systematic Review. *Journal of clinical medicine*, 8(9), 1393.

Vagner, M., Malecek, J., Tomšovský, L., Kubový, P., Levitova, A. & **Stastny, P.** (2019). Isokinetic Strength of Rotators, Flexors and Hip Extensors is Strongly Related to Front Kick Dynamics in Military Professionals. *Journal of human kinetics*, 68, 145.

Vetrovsky, T., Steffl, M., **Stastny, P.**, & Tufano, J. J. (2019). The efficacy and safety of lower-limb plyometric training in older adults: a systematic review. *Sports Medicine*, 49(1), 113-131.

#### b) WOS Emerging sources

Gryko, K., Kopiczko, A., Mikołajec, K., **Stastny, P.**, & Musalek, M. (2018). Anthropometric Variables and Somatotype of Young and Professional Male Basketball Players. *Sports*, 6(1), 9.

**Stastny, P.**, Tufano, J. J., Kregl, J., Petr, M., Blazek, D., Steffl, M., ... & Zmijewski, P. (2018). The Role of Visual Feedback on Power Output During Intermittent Wingate Testing in Ice Hockey Players. *Sports*, 6(2), 32.

Golas, A., Maszczyk, A., **Stastny, P.**, Wilk, M., Ficek, K., Lockie, R. G., & Zajac, A. (2018). A New Approach to EMG Analysis of Closed-Circuit Movements Such as the Flat Bench Press. *Sports*, 6(2), 27.

Petr, M., Maciejewska-Skrendo, A., Zajac, A., Chycki, J., & **Stastny, P.** (2020). Association of Elite Sports Status with Gene Variants of Peroxisome Proliferator Activated Receptors and Their Transcriptional Coactivator. *International journal of molecular sciences*, 21(1), 162.

Michalczyk, M. M., Maszczyk, A., & **Stastny, P.** (2020). The Effects of Low-Energy Moderate-Carbohydrate (MCD) and Mixed (MixD) Diets on Serum Lipid Profiles and Body Composition in Middle-Aged Men: A Randomized Controlled Parallel-Group Clinical Trial. *International journal of environmental research and public health*, 17(4), 1332.

Steffl, Michal and **Stastny, P.** 'Isokinetic Testing of Muscle Strength of Older Individuals with Sarcopenia or Frailty: A Systematic Review'. 1 Jan. 2020 : 291 – 301.

Murawska-Cialowicz, E., Wolanski, P., Zuwała-Jagiello, J., Feito, Y., Petr, M., Kokstejn, J., **Stastny P ...** & Goliński, D. (2020). Effect of HIIT with Tabata Protocol on Serum Irisin, Physical Performance, and Body Composition in Men. *International Journal of Environmental Research and Public Health*, 17(10), 3589.

Maszczyk, A., Wilk, M., Krzysztofik, M., Gepfert, M., Zając, A., Petr, M., & **Stastny, P.** (2020). The effects of resistance training experience on movement characteristics in the bench press exercise. *Biology of Sport*, 37(1), 79.

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Stronska, K., Golas, A., Wilk, M., Zajac, A., Maszczyk, A., & **Stastny, P.** (2020). The effect of targeted resistance training on bench press performance and the alternation of prime mover muscle activation patterns. *Sports Biomechanics*, 1-15.

Tufano, J. J., Vetrovsky, T., **Stastny, P.**, Steffl, M., Malecek, J., & Omcirik, D. (2020). Assisted Jumping in Healthy Older Adults: Optimizing High-Velocity Training Prescription. *Journal of Strength and Conditioning Research*. Pre-print

Vetrovsky, T., Omcirik, D., Malecek, J., **Stastny, P.**, Steffl, M., & Tufano, J. J. (2020). Overspeed Stimulus Provided by Assisted Jumping Encourages Rapid Increases in Strength and Power Performance of Older Adults. *Journal of Aging and Physical Activity*, 1(aop), 1-8.

Beránek, V., Votápek, P., & **Stastny, P.** (2020). Force and velocity of impact during upper limb strikes in combat sports: a systematic review and meta-analysis. *Sports biomechanics*, 1-19.

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#### c) Scopus

STASTNY P, TUFANO J, LEHNERT M, ZAATAR A, GOLAS A, XAVEROVA Z, MASCZYK A, *Hip Abductors and Thigh Muscles Strength Ratio and Their Relation to Electromyography Amplitude during Split squat and Walking lunge exercise*, *Acta Gymnica* 2015; 45(2), [51-59](#)

LEHNERT, M. STASTNY, P., SIGMUND, M., XAVEROVA, Z., HUBNEROVA, B., & KOSTRZEWA, M. (2015). *The effect of combined machine and body weight circuit training for women on muscle strength and body composition*. *Journal of Physical Education and Sport* 2015, 15(3), 561-568. doi: [10.7752/jpes.2015.03084](#)

LEHNERT, M. STASTNY, P., TUFANO J.J., STOLF A P., *Changes in Isokinetic Muscle Strength in Adolescent Soccer Players after 10 Weeks of Pre-Season Training*. *The open sport Sciences Journal* 2017. 10, [3-10](#).

Stronska, K., Bojacz, P., Golas, A., Maszczyk, A., Zajac, A., & Stastny, P. (2018). Muscle activity during the incline shoulder press in relation to the exercise intensity. *Acta Gymnica*, 48(4), 141-146.

PETR STASTNY, RADKA BACAKOVA, MARTINA CHYTILOVA, JAMES TUFANO, ARTUR GOLAS AND ADAM MASCZYK. *The Differences in shoulder muscle activity between injured and uninjured rugby players during player-tackling and bag-tackling*. Modern trend in Sport and Exercise, 2016, 4(23): 185 - 191

GOŁAŚ A, MASZCZYK A, WILK M, STASTNY P, MIROSLAV P, WRÓBEL G, *Changes in Bar Velocity and Muscular Activity During the Bench Press in Relation to the Load Lifted*. Central European Journal of Sport Sciences and Medicine. University of Szczecin Faculty of Physical Culture and Health Promotion, 2015, 11(3), 95 – 101

ŠTASTNÝ P, LEHNERT M, ZAATAR A, GOLAS A, XAVEROVA Z, MASCZYK A, *Gluteus Medius and Thigh Muscles Electromyography During Load Carrying Walking*. Acta Universitatis Carolinae. Kinanthropologica 2015, 51(1), 52-59

ŠTASTNÝ P., KUBOVÝ P., LOPOT F., & JELEN, K., *The detection of loading forces exerted on the skate and sole of the foot during skating*. Acta Universitatis Carolinae Kinanthropologica, Universita Karlova 2010, 46(2), 53–65

ŠTASTNÝ P., KUBOVÝ P., LOPOT F., FIALA M., *The methods of validation the experimental measurement device for ground reaction forces during ice hockey skating*, Acta Universitatis Carolinae Kinanthropologica - kinanthropologica, Universita Karlova 2011, 47(2), s 55-67, ISSN 1212-1428

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ŠTASTNÝ P., KUBOVÝ P., LOPOT F., JELEN K., *A new method for the measurement of ground reaction forces during ice hockey skating*, Acta Universitatis Carolinae Kinanthropologica - kinanthropologica, Universita Karlova 2011 47(2), s 55-67, ISSN 1212-1428

*Petr Stastny, Radka Bacakova, Martina Chytilova, James Tufano, Artur Golas and Adam Masczyk. The Differences in shoulder muscle activity between injured and uninjured rugby players during player-tackling and bag-tackling.*

### **Thesis**

ŠTASTNÝ P., *Měření zátěžových sil působících na plosku nohy v bruslařské botě pro lední hokej a jejich kazuistický význam/ The measurement of loading forces acting of sole of the foot in ice-hockey and their casuistic signification*. Dissertation thesis FTVS-UK, Praha 2011, Promoter Doc. PaedDr. Karel Jelen CSc., Consultant Ing. et Mgr. Miloš Fiala, Ph.D.

ŠTASTNÝ P., *Kondiční předpoklady Extraligových hokejistů z juniorské kategorie podle anaerobního Wingate testu / Conditional premises in first league junior players by anaerobic Wingate test*. Master thesis FTVS-UK, Praha 2005, Promoteur PaedDr. Jan Eysselt, Consultant Doc. MUDr. Jan Heller CSc.

### **Peer-reviewed journal articles published in the Czech Republic**

ŠTASTNÝ P., FIALA M., PETR M., *The differences between ice-hockey academic national team and first Czech ice-hockey league players in speed and strength premises by anaerobic Wingate test*. JUCB, Studia Kinanthropologica, Universitas Bohemiae Meridionalis Budvicensis, 2010, 11(2), 94-101 ISSN 1213-2101

PETR M., KOHLÍKOVÁ E., ŠŤASTNÝ P., *Jsou varianty v genu pro ACTN3 determinantem výkonu ve sprintech a rychlostně silových sportovních disciplínách? Is it variation in ACTN3 gene determination in sprint and strength-speed sports disciplines?* Česká Kinantropologie 15 (2); Česká kinantropologická společnost 2010, ISSN 1211-9261

ŠŤASTNÝ P., FIALA M., PETR M., *Srovnání poměrného tělesného složení s rychlostně silovými předpoklady hráčů akademické reprezentace v ledním hokeji dle anaerobního Wingate testu / Comparasion of body composition with strength and speed premises at academic national team ice-hockey players by anaerobic Wingate test*, Česká Kinantropologie 14 (2); Česká kinantropologická společnost 2010, ISSN 1211-9261

JEBAVÝ R., PERIČ T., BALÁŠ J., ŠŤASTNÝ P., *Stimulation a strength endurance through exercises on the unstable surfaces*, Studia Kinanthropologica, Universitas Bohemiae Meridionalis Budvicensis 2013, 14(2), 93-99, ISSN 1213-2101

### **Peer-reviewed articles in proceedings**

GOLAS A, MASZCZYK A, STASTNY P, PIETRASZIEWSKI P, ROCNIOK R, ZAJAC A, *Changes of muscle paterm activity in speed skaters*. International Conference of the Polish Society of Biomechanics, Biomechanics 2016, Biala Podlaska, Poland, 5-7.9 2016. ISBN: 978-83-61509-39-4

STATNY P, KUBOVY P, LOPOT F, HOLUB T, JELEN K, GOLAS A, FANTA O, *Kinematic and dynamic analyses of real fall and normalized examination of climbing rope*, Biomechanics 2016, Biala Podlaska 5-7 Sep 2016, s12

STASTNY P, KUBOVY P, JANURA M, JELEN K, SVOBODA Z, MASZCZYK A, *Comparison of two different video motion capturing systems determined for human movement assessment*, International conference of the Polish society of biomechanics- Biomechanics 2016, Biala Podlaska, Poland, 5-7.9 2016. ISBN: 978-83-61509-39-4

Stastny P., *The longitudinal conditioning profile of elite adolescent Czech Ice Hockey Players*. V<sup>th</sup> international conference Motor Control 2016, Bringing motor control and biomechanics, Book of Abstract The Jerzy Kukuczka Academy of Physical Education and Sport, Wisla Poland, 14-16.9 2016

CICHON, R., MASZCZYK, A., STASTNY, P., UHLÍŘ, P., PETR, M., DOUBRAVA, O. (2015). *Effects of the krancycl training on performance and body composition in wheelchair users*. Osoby z niepełnosprawnością w sporcie – teoria i praktyka. Book of Abstracts, Katowice, Poland, 24.- 28. 6. 2015, 5.

STASTNY P., MASZCZYK A., TOMANKOVA K., KUBOVY P, OTAHAL J., CICHON R., ZMIJEWSKI P., CIESZCZYK P., *Kinetics and kinematics differences in golf swing with one and both lower limb amputee*, Osoby z niepełnosprawnością w sporcie – teoria i praktyka. Book of Abstracts, Katowice, Poland, 24.- 28. 6. 2015, 5

STASTNY, P., M. LEHNERT, Z. SVOBODA, A. M. ZAATAR AND Z. XAVEROVA (2014). *Hip Abduction vs Thigh Muscles Strength and Their Relation to Muscular Activity during Farmer's Walk Exercise*. 9th International Conference on Strength Training. Editor Häkkinen. Abano Terme, European Journal of Sport Studies ISSN: 2282-5673. 2: 80

STASTNY, P., M. LEHNERT, Z. SVOBODA, A. M. ZAATAR AND Z. XAVEROVA (2014). *Knee Joint Muscle Activity Ratios and Timing during Farmer's Walk Exercise*. 9th International Conference on Strength Training. Editor Häkkinen. Abano Terme, European Journal of Sport Studies ISSN: 2282-5673. 2: 71.

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ŠTASTNÝ P., FIALA M., PETR M., *Comparing Body Composition, Speed Endurance and Strength Endurance in the National Ice Hockey Academic Team by the 30s Anaerobic Wingate Test*; Wingate Congress of exercise and sport sciences- book of abstract 2010

ŠTASTNÝ P., *Anaerobní předpoklady Extraligových hokejistů z juniorské kategorie indikované Wingate testem*. Mladí ve vědě na počátku nového tisíciletí, Sborník příspěvků Studentské vědecké konference, Praha 2006

### **Textbooks**

LEHNERT, M., BOTEK, M., SIGMUND, M., SMÉKAL, D., ŠTASTNÝ, P., MALÝ, T., . . . NEULS, F., 2014. *Kondiční trénink/ conditional training*. Olomouc: Univerzita Palackého v Olomouci. [On line](#).

LEHNERT, M., KUDLÁČEK, M., BĚLKA, J., HÁP, P., NEULS, F., HŮLKA, K., . . . ŠTASTNÝ, P., 2014. *Sportovní trénink I/ Sports training 1* (Vol. 1). Olomouc: Univerzita Palackého v Olomouci. [On line](#).

PETR, Miroslav a Petr ŠTASTNÝ. *Funkční silový trénink/functional strength training*. Praha: Fakulta tělesné výchovy a sportu University Karlovy, 2012. 214 s. ISBN 978-80-86317-93-9.

ŠTASTNÝ P., and PETR M., *Celoroční trénink síly pro hráče ledního hokeje/yearlong strength training for ice hockey players*, Praha: Czech ice hockey association, 2013, ISBN 978-80-260-4464-2

### **Patents – utility models**

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