

Abstract

The objective of this diploma thesis is to compare the basic movement performance of the czech athletics centre AC Turnov federation club members. The movement performance is compared among pupils of the lower secondary schools in Turnov and members of the czech athletics centre AC Turnov federation in 2012 and ordinary school population in 1966. There are four movements tests like running for 50 metres, medicine ball throw (2 kg), long jump (bounced with both legs from the same place) and running in 12 minutes. The results of this research are better for AC Turnov club members than for the pupils from the lower secondary schools in Turnov and from ordinary school population in 1966. There is also evidence in this research that the results of basic movement performance are equated for AC Turnov club members and members of the czech athletics federation in the year 2012.

Key words

Athletics, sport centres, movement abilities, testing