

Abstract

Title: The Evaluation of the Current Situation of Posture and Flat Foot Occurrence among the Young, Engaged in the Sports and not Engaged in the Sports, in the West Bohemia

Objectives: The main objective of this thesis is to find out the current situation of posture and flat feet occurrence and to evaluate these findings together with a questionnaire survey, focused on the physical activity among a representative sample of young people.

Methods: The main methods used to find out the current state of posture were a Matthias' posture test and a diagnostic device for flat feet examination with a polarized light called a podoscope. Plantographs had been evaluated according to the Kapandji score (1985). By the means of the written questionnaire, a basic data about the probands were found out, especially about their interest in the physical activity and their involvement in the sport activity. To determine the optimal weight or overweight, the body mass index BMI was used. By the probands, the BMI was calculated from their recorded body weight and height, using the personal scale Salter 9204WH3R and standalone measure Tanita HR-001.

Results: It was discovered 68 % of the tested probands have a faulty posture, and by 32 % of the probands, a flatfoot among 1° to 3° occurred. Next, it was found out that a flat foot occurs most frequently by those individuals with a faulty posture, and the right posture is more often to be found by the probands, who are regularly involved in a physical activity. According to the results, it can be concluded that the right or faulty posture does not depend on the gender. On the other hand, the flat foot occurred more often by the men than women. The faulty posture and flat foot relates to the probands' body weight, according to the recorded results. The faulty posture and flat foot among 1° to 3° occurs more frequently by over weighted individuals.

Keywords: posture, flat foot, diagnostics, Matthias' test, podoscope, sports activity of the young people