

Abstract

- Title:** The influence of the natural environment on the development of gymnastic skills
- Objectives:** The aim of the thesis was to find out whether the natural environment influences the development of gymnastic skills.
- Methods:** 26 gymnasts from TJ Sokol Velký Osek participated in the study. This research was experimental. The girls were divided into 2 groups. The experimental group trained exclusively in the natural environment and the control group in the gym. Both groups participated in the pre test before the experiment and also in the post test after two months of training. The measured data were analyzed through basic statistical operations.
- Results:** Partial confirmation of the truthfulness of the null hypothesis set for the purposes of this thesis. The null hypothesis was confirmed for balance beam and floor. The alternative hypothesis H1 was confirmed for horizontal bar and vault.
- Conclusions:** Gymnastic training in difficult natural environmental conditions has a positive effect on the development of gymnastic skills. The research has helped us to find out that it is more than appropriate to include activities in the natural environment in the gymnastic training.
- Keywords:** gymnastics, nature, movement skills