Abstract:

Title: Common characteristics of calisthenics as a relatively new sport and gymnastics

Purposes: Based on literary research and own experiences profile the penetration between gymnastics and calisthenics as a relatively new sport. Find out the views of trainers and racers in calisthenics on the use of gymnastics training for this new sport through the questionnaire survey and design a structured movement program for beginners using selected blocks of gymnastic motor-functional training.

Methods: This diploma thesis is of non-experimental character. To obtain the necessary data were used methods of literature research, observation method and especially questionnaire method, which was applied to a group of 55 respondents. Data were processed in Excel into graphs.

Results: The conclusions of the questionnaire survey were presented in the form of well-arranged graphs and testify about the interest of calisthenics trainers and competitors in gymnastic training. The proposed structured motion program is based on the conclusions of the literary research and own experience. It draws mainly on selected blocks from gymnastic motor-functional training and in each of the selected blocks are presented demonstration exercises with description and photo documentation.

Key words: Calisthenics, gymnastics, motor-functional training, motion program