

## **ABSTRACT**

**Title:** Effect of Static and Dynamic Stretching on the Performance of Cadet Category in Competitive Aerobics

**Objectives:** The aim of the work is to find out the type, method and use of static and dynamic stretching in the training of cadet girls in the training of sports aerobics through the opinions of competitive aerobics coaches. The theoretical part consists of research on the issue. In the practical part, a questionnaire survey and an interview are used, conducted in person by the author of the diploma thesis or sent by e-mail, or conducted by telephone or otherwise online. The outputs from this questionnaire + interview are analyzed, compared and evaluated with specific clear outputs.

**Methods:** The work consists of a theoretical and a practical part, while the theoretical part is conceived descriptively. The research part uses the method of qualitative research - a questionnaire. Competitive aerobics coaches are interviewed through a questionnaire and in the form of a guided interview. The interview is conducted in person, according to the prepared questions, and the answers are then logically sorted, evaluated and commented. Descriptive statistics are used for the actual classification and analysis of the obtained data.

**Results:** The results of the work showed the type, method and use of static and dynamic stretching in the training of girls in the cadet category of competitive aerobics. They showed how important flexibility is, what methods of flexibility development are most used among coaches and why. It was found that the opinions and attitudes of individual coaches in competitive aerobics of one age category are often different.

**Keywords:** competitive aerobics, static stretching, dynamic stretching, hip joint, locomotor system