

ABSTRACT

This thesis deals with sporting massage and its effects to the human body. There are used some of diagnostic methods verifies the effects of sporting back massage on a muscular function, a skin appearance, physiological functions of the organism and a subjective feeling of a relaxation. For example, there are methods such as a static and a dynamic examination of a spine or an oximeter and a caliper measurements compared to subjective feelings of relaxation in the back area. The methods were applied before and after the experiment, which was based on the series of sporting back massages. The results of the research are compared with other studies and speak in favor for the sporting massage as an effective means of regenerating for the human body as expected on the beginning of the research. The thesis can be used as an available information source for students of sports disciplines and the physically active public, and it can motivate them to include sporting massage into an everyday regeneration processes.