

## **ABSTRACT**

**Title:** The analysis of the content of the compulsory routines program in women's artistic gymnastics

**Aim:** The aim of this work is to compare the competition programs of the Czech Republic, the United States of America and the United Kingdom, including the competition program issued and recommended by FIG (International Gymnastics Federation) in women's gymnastics with emphasis of the content and structure of the mandatory competition program.

**Methods:** There were two methods used in this work, namely analysis of the content of selected documents in selected countries, and it is in the United States of America, Great Britain, Czech Republic and the program issued and recommended by International Gymnastics Federation. The following content features of selected documents were determined for content analysis: age and performance structure of the program, permeability of the competition program, integration of the compulsory routines into the competition program and movement content of the compulsory routines. The research set consists of parts of the competition programs, where the decisive selection criteria was the presence of compulsory routines within the competition program, competition program was available on the websites, and in English or Czech language, age success of the competitors who passed through these programs. The results were processed into tables, which are arranged according to individual disciplines – vault, uneven bars, balance beam and floor. The content is enriched with additional components in the form of strength and technical tests.

**Results:** The main contribution consists of an analysis of comparison and comprehensive overview of mandatory competition programs, a description of the elements and divisions according to age groups in the United States of America, Great Britain, the Czech Republic and the program issued by the International Gymnastics Federation.

**Key words:** women's artistic gymnastics, competition program, competition, apparatus