

Abstract

Title: Observing changes in body weight and fitness

Objective: The goal of this bachelor thesis is to find out whether it is possible to reduce body weight, improve the level of an individual's psychical abilities by doing selected exercises in the natural environment within three – months period and without changing diet.

Methods: The bachelor thesis is based on a case study, in which a quantitative research was used. At the beginning of the research, control measurements of the predetermined body parameters were made and three – month sports training program for the selected proband was prepared. Selected parameters were measured after each month.

Results: The results of the three – months exercises program were the proband's body weight loss of 7,2 kilograms and the positive change of his physical condition. A circumference reduction of a certain body segments was also achieved.

Keywords: physical condition, body weight reduction, sports performance