

# **Women's 3000 m steeplechase - historical development, motivation of women's runners and factors affecting performance**

## **Abstract**

The topic of this Bachelor thesis is women's 3000 m hurdles race, or steeplechase. The theoretic part inquires into the wider context of the discipline within sports, athletics, middle and long distance race. It also deals with men's / women's steeplechase history, both the Czech and global. Considering the subject of the empiric search the thesis also involves a part dealing with motivation.

**The goal** of this study is the understanding of motivation in the successful Czech female runners for steeplechase racing and analysis of the selected factors affecting their performance.

**The employed methods** are analysis, comparative analysis, and synthesis in the theoretical part. For the practical part the main instrument is a survey. Its results were evaluated qualitatively using an interpretation method involving some tools of hermeneutic analysis. An original non-standardized questionnaire with seven open-ended questions was employed. It was put to 16 respondents picked from the table of the top Czech female runners according to their best ten steeplechase results. Some of the performance-affecting factors have been also gathered using detailed analysis of the athletic statistics. Following the goals two research questions were defined and one hypothesis formulated.

**The study results** support the hypothesis that most important in the respondent's motivation is the higher probability of success in steeplechase than in flat runs in both the Czech and world competition. Furthermore some additional external as well as internal motivation complexes have been described. The most important high-performance factors has been found in early specialization, versatile training, psychic resistance and continuous effort to minimize flat to hurdles race performance difference in 3000 m distance.

## **Keywords**

athletics, women's runners, motivation (sport), hurdlings (track), steeplechase

