

## **BACHELOR THESIS ABSTRACT**

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**Title of bachelor thesis:** Parameters of motor learning in group of healthy young women aged 18-35 years

### **Abstract:**

This bachelor thesis deals with the issue of motor learning. The thesis is divided into theoretical and practical part. The theoretical part describes basic informations about motor learning. It deals with its phases, types, factors that affect it and cognitive functions. Furthermore, there are mentioned physiotherapeutic methods that work on the principle of motor learning. There are also chapters about movement skills, virtual reality and the Homebalance system. The practical part is of a research type and focuses on data collection and their analysis. The study was performed on 15 respondents – healthy young women. The aim of the bachelor thesis is to describe the course of motor learning, which took on stabilometric platform Nintendo Wii Balance Board with the use of interactive Homebalance system. All respondents underwent the program of motor learning once a week for the duration of 10 weeks. Proband. In the practical part, the results of individual tasks are evaluated and compared. The total time of all tasks is statistically evaluated by Student's t-test. The established hypothesis that the total time of all tasks will be significantly reduced was confirmed.

**Key words:** motor learning, movements skill, physiotherapy, cognitive functions