

ABSTRACT

Title: The influence of health and compensation training programme on body posture on women 14-16, who are actively participating in sports aerobics

Objectives: The main goal of this research is to find out the created effect of compensating programme on body posture on girls adolescents who actively participate in sports aerobics.

Methods: This is a quasi-experiment using the research method of a case study. The effect of the 6-week therapeutic physical education program was tested on 3 people with upper crossed syndrome. There were 6 girls between 14 and 16 years. The probes were divided into an experimental group and a control group. The therapeutic physical education program lasted 6 weeks, two times a week for 20 minutes and included balancing and breathing exercises. The methods of data collection at the entrance and exit examinations were kinesiological analysis of posture with aspects from the front, side and back. Photographs taken before the start of the ZTV program and after the rehearsal of the ZTV program were used for documentation.

Results: After a 6-week intervention, 2 of the 3 probands who completed the ZTV program showed a significant and obvious improvement in posture in the upper torso. Compared to the control group, the ZTV program met its goal, as the posture in the upper torso area of the control group did not change significantly for 6 weeks.

Keywords: Upper cross syndrome, postura, sports aerobics, muscle imbalance, compensation program