

ABSTRACT

- Title:** The Competency Profile of the Rhythmic Gymnastics Coach
- Objectives:** The main aim of this thesis is to create the competency profile of the rhythmic gymnastics coach from the perspective of current and former rhythmic gymnasts, based on the identification of important competencies that Czech rhythmic gymnastics coaches lack.
- Methods:** The thesis uses qualitative and quantitative methods. According to the expert literature studies, researches and interviews with the qualified rhythmic gymnastics coaches was created a list of four competency groups that should be needed for quality work of rhythmic gymnastics coach. After that current and former rhythmic gymnasts of the senior age category evaluated the importance of individual competencies and assessed the existence of these competencies in their rhythmic gymnastics coaches by electronic questioning.
- Results:** Two theoretical competency profiles of the rhythmic gymnastics coach are created in the thesis, including competencies from all competency groups: *personal characteristics, abilities and skills, education and knowledge, other specific competencies*. The first profile includes 23 competencies that Czech coaches lack but the competencies are considered as important ones by the most rhythmic gymnasts. The second profile focuses on ideal rhythmic gymnastics coach and includes 21 competencies that were evaluated by rhythmic gymnasts as the most important ones. These two profiles identified eight key competencies of rhythmic gymnastics coach: *trustworthy, mentally resistant, positive, righteous, motivational, having an individual approach, building the athlete's self-confidence and self-control skills*. According to the rhythmic gymnasts these key competencies are important however Czech coaches often do not have them.
- Keywords:** competency model, competence, coach profile, coach personality, gymnastics, rhythmic gymnastics, aesthetic sports.