

Abstract

The main objective: The main objective of this bachelor thesis was to present information about kinesiotaping and sport massage to unprofessional athletes, primarily to runners. The next goal was to find out if any of these methods have positive effect on performance on three kilometers run.

Methodology: A group of 15 healthy runners have joined the study, age from 17 to 52. With using stopwatches and sport-watches were the results of elapsed time recorded. At first without any of these methods, by the next testing we use kinesiotaping on m. rectus femoris and by the final testing we performed a massage of the lower limbs before performance. The data were evaluated by Student's paired t-test.

Results: At the level of 5%, we can say, that massage before performance has positive effect on three kilometers run (p-value = 0,00833). In contrary we cannot confirm the improvement after kinesiotaping application (p-value = 0,10861), although most of the runner got faster on the track in compare to the times of the run without facilitation.

Conclusion: Both methods, massage and kinesiotaping, are today necessary part of professional athletes training. In this bachelor thesis we declared positive effect of massage before performance. However each athlete suits different methods, so it is important to have individual approach to everyone.

Key words: Run, Sport massage, Kinesiotaping, Performance