

ABSTRACT

Title of the bachelor thesis: Use of regenerative procedures by students of UK FTVS

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Goals: The main aim of the thesis was to find out which regeneration procedures UK FTVS students use the most, identify the main reason for use and the factors determining the selection of the regenerations procedure. The secondary objective was to summarize and characterize regeneration forms and resources on the basis of professional literature dealing with regeneration in sport. Than on the basis of the survey results with regards of professional literature make regeneration recommendation for students in practice.

Metohods: The necessary informations was collected by using a non – invasive method of online survey. A total of 60 UK FTVS students from domain TVS participated in the research, across all grades regardless of gender.

Results: On the basis of online survey was found that the most used thermal regeneration procedure among students is sauna, water procedure is swimming pool – swimming, the most used type of massage is sports massage and light procedures are not used by the vast majority of students. For electroprocedures, we chose only a questions about the experience with them, because of the need of presence professionally trained person. It was found more than half of students have electroprocedure experience, regardless of the reason of use. The main reason of the use of regeneration procedures is overall regeneration and relaxation. The main factor in the selection of the regeneration procedure is own experience or experience someone familiar.

Keywords: regeneration, recommendation, fatigue, nutrition, sport