

Abstract

Title: Development of flexibility and subsequent compensation at various performance levels in rhythmic gymnastics in the Czech Republic

Objectives: The aim of the thesis is to find out how exercises for the development of flexibility are performed. The other aim is to find out how the girls are led to correct warm-up and compensation during the training and at home. Interviews with trainers of various levels of rhythmic gymnastics were used to gather information. Furthermore, the thesis compares training routines for the flexibility development between different levels of rhythmic gymnastics programs.

Methods: Information was obtained from interviews with trainers of rhythmic gymnastics in the Czech Republic. These were then analyzed. Some questions were evaluated using statistical methods of quantitative research.

Results: Three out of five hypotheses were confirmed, remaining two were not confirmed. The biggest differences were found between the free program and the other two programs. The main difference concerned the length of the training units and other different answers arose from this. All or most of the trainers agreed on some issues regardless of the level at which they work.

Keywords: Flexibility, Development, Compensation, Rhythmic gymnastics, Programs of RG, Imbalance,