

ABSTRACT

Title: General and special performance of members of athletic sports centres

Objectives: The primary aim of the thesis is to evaluate the general physical performance of 14-year-old and 15-year-old members of sports centres from 2018 and compare whether it is better than it was in 2012 and 2015. The secondary aim is to determine whether the general performance of athletes corresponds to special performance in the race.

Methods: The first part of the thesis is a literary search, which represents a theoretical framework of the topic. The second, main part of the thesis is practical. Initially, the data of the examined group provided by the Czech athletic federation, Department of Youth, were statistically processed. Subsequently, the characteristics of the statistical population in 2018 were compared with the years 2012 and 2015. Based on factual data search, a comparison of general and special performance of selected sports centre members was drawn. Finally, the validity of the hypotheses was verified.

Results: A comparison of testing results of sport centres members from 2018 with 2012 and 2015 proved that the general physical performance of 14-year-old and 15-year-old members is increasing year-on-year. In 2018, athletes achieved better average results in all four motor tests: a 50-meter run from a three-point start, a standing long jump, a throw with a 2 kg medicine ball and an endurance run for 12 minutes. A comparison of the general and special performance of selected sport centres members showed that the results in the individual tests correspond, with a few exceptions, to the results at the races.

Keywords: athletics, sports centres, physical performance