

## **ABSTRAKT**

### **Name of the thesis:**

**The comparative analysis of the strength preparation of the paralympic discus throw winner of F 55 category of year training cycles 2004 - 2006**

**Aim of the thesis:** The main point of the thesis was mapping and comparing the strength preparation of discus throwers paralympionic M.N and the Czechoslovakian representative G. Valent. Year training cycle 2005 - 2006 of M.N. was compared with G. Valent's training cycle 1987 - 1988.

**Method:** The method of the comparative analysis was used in studying of the used literature, data correlation, structures and contexts. All needed information about the year training cycles (YTC) of both sportsmen had been used in the comparative analysis. The strength preparations of both sportsmen had been compared. The statistic and graphic symbolization of obtained data were made considering the point of the task.

**Result:** The strength preparation in YTC 2005 - 2006 of M.N. is not different from the strength preparation in G. Valent's RTC 1987 - 1988. The biggest difference of the strength preparation was in strengthening up to 75 % of personal maximum. M.N. had 6 640 of an activity rate and G. Valent reached 15 565 of an activity rate. This difference has showed the finite possibilities of the strength preparation of handicapped people. Technical preparation dominated in RTC 2005 - 2006 of M.N. Practise training was evident in RTC 2003 - 2004 and the lack of compensation by regeneration caused falling of sport effect.

**Key words:** athletics of wheelchair, paraplegic, discus throw, strength preparation.