

ABSTRAKT

Title: Children's strength development possibilities

Objective: The main goal of diploma thesis is to compare level of strength abilities between classes with children from common population and classes with extended lessons of physical education

Methods: Tested sample was consisted of two groups of boys both from common classes and classes with extended lessons of physical education. Both groups were tested by chosen test battery. Results were analyzed by standard methods. Statistically significant differences of motoric tests between these groups had been searched through statistics programme CNSS 6.0. As statistical method of results comparison was used analysis MANOVA.

Results: Statistically significant differences in all motoric tests were noted in age categories of twelve-year old, fourteen-year old and fifteen-year old boys. Statistically non-significant difference was noted in age category of thirteen-year old boys. It was also confirmed that regular motoric programme influences strength abilities in this age period at minimum.

Key words: Strength abilities, children, motoric tests, MANOVA analysis