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Klíčová slova:

Diplomová práce
atletika, monitorování, motorická úroveň, základní, školy,
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Abstract

Title (Thema works): Monitoring of motorical level pupils 6. and 7. classes (12 – 14 years) on chosen elementary school

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Methods: We are determining our goals of this dissertation in according with available literature. For the practical part of dissertation we used standard motorical test named UNIFITTEST 6-60. This dissertation dealt with observing of physical development and measurement of motional performance pupils of classes 6 and 7 (13-14 years) from Elementary school U Stadionu of city Most. Motional performance was measured with four chosen motional tests (long two-footed standing jump, sit-ups for 60 seconds, Leger test). Results of our research were compared with Unifittest 6-60 (Chytráčková a kol. 2002) and Rychtecký a kol (2006) and confronted with our working hypotheses.

Results: During our motorical testing we detected worsened sports capacity of youth on Elementary school. This accomplishment is alike as Rychtecký a kol. (2006). Supernormal values on fat test are alarming with predisposition to obesity in teen-age. Pupils studied on sports classes resist of this disposition and somebody achieves supernormal sports output.

Key words: athletics, monitoring, motorical level, elementary school, Unifittest 6-60, testing, somatic characteristics