

Abstract:

Graduation thesis title: Movement setup for children at trampoline jumping

Aim of research: The aim of research is to create movement programme for children at the age of 5-8, which observes the importance of general evolution of the biological disposition taken into account with specific requirements for trampoline jumping.

Research methodology: The observation (inspection of training process), controlled interviews and questionnaires were applied to research relevant data. The research was further sourced by significant literature, own evidence and experience.

Results: Analysis of theoretical solutions, composed movement programme based on description of current training methods.

Keywords: Trampoline jumping, motoric-function setup, introduction of sport discipline, trampoline.