

Abstract

Title:

Relationship between level of imagination and performance in wild water slalom.

Tasks:

The main task of this work is to assess the existence of a dependence between the duration of the imagination of performance and performance itself. Furthermore, to find out which of the two ways of imagination is more accurate for the imagination in water slalom. The first way is the imagination without movement. Proband imagines the track at rest without moving. The second way is the imagination associated with movement. Here, the proband combines the idea with paddling on flat water.

Techniques:

Predictive correlation research method. We compared the results using correlation analysis.

Results:

The results from the model training in Prague Troja were processed using basic descriptive statistics and to determine the relationship between the imagination and the performance of the competitor by correlation analysis using Spearman's correlation coefficient. The statistically significant dependence ($r_s = -0.280$, resp. $r_s = -0.183$) between the times of imagination and the times of real rides was not proved for the set of competitors in the C1 men category (N = 9). The average time difference between imagination without movement and real run was 9.45 s. The average time difference between imagination associated with movement and real run was 4.49 s.

Conclusion:

In the surveyed group of man (N=9), we didn't find association of accuracy of imagination on the real performance calculated using the Spearman coefficient. However, the hypothesis that the imagination associated with movement is closer to real run time than the imagination without movement was confirmed.

Key words:

White water slalom, imagination, visualization, performance in sport.