

The objective of my thesis is to determine elements of difficultness which are contained in sport aerobics choreographies of the individual women senior in the world championships through the years 1999, 2003, and 2007 with focus on technical index and establish regularity of its appearance, level of its difficulties and chronological timing of the elements in particular choreographies. In the same time I will statistically confront technical aspects described in technical index and development of the choreographies in mentioned championships.