
ABSTRACT

The topics of this diploma thesis are issues of a sedentary lifestyle and the influence of compensatory exercises as an instrument to compensate the muscle imbalances associated with it. In the theoretical part of my thesis, I focused on explaining and defining the basic problems of this topic and then on several already published international studies dealing with this issue for a long time. I have chosen three studies that reflect the problem on the human body and show significant problems connected with a sedentary lifestyle.

For my own research I created compensation exercises for my selected reference group, that is the good specimen due to its sedentary occupation and the age between 40-51, based on the published international studies. For my research I have used the method of experiment in which I have used the testing, examination and evaluation techniques of the motor system. The plan of compensation exercises I created based on the imbalances I have studied and problems associated with a sedentary lifestyle. My research was also focused on the positive effects of physical activity in this group due to their workload and the causal link between a sedentary lifestyle and health of the respondents.

The main objective of my thesis is to demonstrate the impact of this plan of compensation exercise to compensate muscle imbalances of the experimental group of people with a sedentary job and examine the influence of inclusion of the plan of compensation exercises and its frequency based on the measurement results of input diagnostics.

KEY WORDS

Compensatory exercises

Sedentary lifestyle

Deep stabilization system

Civilization disease

Hypokinesia