

ABSTRACT

Title: Physical fitness identification of members of the Czech Athletic Federation Sport centres

Objectives: The aim of the study is to find out whether coaches from the Sport centres of the Czech Athletic Federation understand the importance of the mandatory testing and monitor the motor and physical development of their athletes in other ways. Whether coaches are satisfied with the form of the mandatory testing and if they consciously influence the results of their athletes.

Methods: To compile the theoretical part of this thesis, the method of literature research was used. The input data for the research was collected using an electronic questionnaire. The data was converted from the web form into an excel file and then statistically processed. Open-ended questions were evaluated individually. The evaluation of the results is demonstrated in graphs.

Results: The evaluation of the questionnaire responses revealed that the majority of the coaches perceived the importance of the testing. Motivation for the mandatory testing is for them the opportunity to monitor motor and physical development of athletes. The importance of the testing was also confirmed by the fact that 78,18 % of the respondents also test athletes for their own purposes beyond the mandatory testing. Most coaches confirmed that they always test their charges at the same time of the year, which is important in the long term monitoring. More than half of respondents confirmed that they dedicate an entire training session to testing needs, and the same number continues to work with the results from the mandatory testing in training. It showed that 52,73 % of the respondents consciously adjust the results of their athletes. The majority of them do so when the athlete is unable to attend due to illness or other serious reason and the coach writes down the results obtained in training (68,97 %). As another reason for influencing the results, 41,38 % of coaches stated that they purposely improve their athletes results at the time, when their results would be evaluated as zero and they could not be labeled as an active athlete.

Keywords: athletics, testing, children, questionnaire