

## Abstract

**Title:** The view of specialised literature on barefoot running and running in traditional shoes (comparative literature review)

**Objectives:** The main objective of the presented thesis was to find, read and categorise available Czech and especially foreign literature about the barefoot running topic. Other objective was to create a systematic comparative review of reclaimed information, in which the opinions of authors are compared. Due to formulated objectives, the following task of the thesis was defined. To offer readers a systematic review and describe the presented topic.

**Methods:** The presented bachelor thesis is a comparative literature review, especially foreign-language literature. The keywords were first stated in the English language. After that, they were used for searching for information in science databases. Similarly, the keywords were stated and used for searching information in the Czech language. Due to the systematisation of the terms, it was necessary to gain enough information about the presented topic, which were categorised in the pre-determined chapters.

**Results:** The presented literature review was created from 29 foreign science studies and 11 book publications (5 of them were Czech authors). Some of the authors' opinions on the studied issue were in agreement. For example, shortening of step length, increasing step frequency, changing from rearfoot strike to forefoot strike when barefoot running, higher risk of overloading Achilles tendons, or lower risk of knee injury when barefoot running. On the other hand, some of the presented results of the studies were different. These included, for example, the peak of reaction force during the strike phase and loading rate. A summary of the studies' results is always at the end of the chapters.

**Keywords:** barefoot running, injury prevention, biomechanics of running, minimalist shoes, running technique, literature review