

BACHELOR THESIS ABSTRACT

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Title of the bachelor thesis: The importance of core stabilization for track and field throwers

Abstract:

This bachelor thesis deals with throwers' core stabilization in athletics. Theoretical part described basics of throw, individual throwers' athletic disciplines, factors influencing sport performances, postural functions and core stabilization.

Practical part includes case studies of three probands. Target group was created by young athletes competing in at least one throwers' discipline. Therapeutical intervention was focused on improving core stabilization and took 10 weeks with therapy 2 times a week. The results were analysed based on examination of postural stabilization according to Kolář, chosen functional test and comparison of best achieved results before intervention in seasons 2019, 2020 and 2021 to best achieved results after intervention in season 2021.

The aim of this bachelor thesis is to evaluate how did the performance of track & field throwers changed after the intervention focused on core stabilization. Furthermore, to create a training unit and increase awareness about core stabilization and its' influence on sport performance of track & field throwers among trainers and the sportsmen themselves.

Key words: athletics, track & field throwers, javelin throw, shot put, hammer throw, discus throw, core stabilization