

## Opponent's review of the Master thesis

Title: **Comparing Effect of Static, Dynamic, and Combined Stretching Exercises for Semi-Professional College Football Players on Sprint Performance**

Author: Osama Ali Trombi

Supervisor: Prof. MUDr. Jan HELLER, CSc.

Opponent: Doc. PaedDr. Dagmar Pavlů, CSc.

The presented work on the topic of „*Comparing Effect of Static, Dynamic, and Combined Stretching Exercises for Semi-Professional College Football Players on Sprint Performance*“ contains 74 pages of text, the sources used, are listed on 12 pages, the work is supplemented by appendices containing the approval of the ethics committee, informed consent, list of figure, list of tables and list of abbreviations

The student chose interesting topic for his work, the aim of which was „*to combine one resistance-training exercise (Bulgarian Split Squat Exercise) with three types of stretching exercises (static, dynamic, and combination stretching exercises) to find which protocol has positive effective in improving the short-sprint time performance in 20 meters for semi-professional college football players in five sessions in acute term- phase (10days)*“

To achieve the stated goal, the student designed and implemented a study in which he included 20 professional soccer players. They were divided into four groups and completed the procedures proposed by the students.

The study carried out is interesting and its solution, even if it was carried out on a relatively small sample, is beneficial for sports practice and the practice of physiotherapists.

The diploma thesis contains all the parts that diploma theses should have, i.e. from the theoretical background to the methodology, results, discussion to the conclusion. Unfortunately, the chapter numbering that the student used is not common (17 chapters in total) and makes the content slightly confusing.

The theoretical background includes passages that are satisfactory in view of the topic in the thesis and which relate to both training and various approaches as well as kinematic factors related to running, etc. The resources that the student in this passage, which is processed on approx. 25 pages of text, correctly cites.

The methodology is elaborated in chapter 7. The student defines one research question that is clearly defined. Subsequently, he presents 5 hypotheses that are logical. However, their formulation would deserve more precision; for example, instead of evaluating groups, it should be stated that they are soccer players, and it would be better if the entire text were consistent without using abbreviations, etc.

Other parts of the methodology are described briefly but transparently. In connection with the proposed program, **please explain to the defense**, on the basis of why the 10-day program was chosen and on the basis of which the intervention procedures were chosen (please justify), why the student was based on the studies listed on page 40.

The results are processed in chapter 14 and are supplemented with clear tables. The discussion is in chapter 15, it is divided into subsections, but it contains only 5 pages of text. It is not quite common to state limitations as the first part of the discussion, these are rather stated as the last part of the discussion. After stating the limitations, the student discusses with several authors who dealt with a similar topic, it's a pity that this discussion is not more extensive. In the last passage of the discussion, the student comments on the hypotheses.

I have the following additional comments and notes on the diploma thesis:

- I find several shortcomings regarding the formal side of the work: there is no uniformity in the numbering of the chapters when it comes to the use of a period after the number, I have already commented on the numbering of chapters in the previous passage
- in the tables for the item age, there is no indication that the number is years
- student uses different fonts at work, only one font should always be used
- in some passages there are too large spaces between paragraphs or individual passages
- the conclusion is written briefly, clearly, but it would be appropriate to indicate more the contribution of the work and concrete possibilities of incorporating some procedures into practice

I declare that after reviewing the entire thesis, I found that the referenced sources are properly cited and/or paraphrased in the thesis, the two plagiarism checking systems show an agreement of 30 and 38 percent. The stated higher percentage similarity is mainly due to the description of the anatomy and the description of other, commonly known and generally used procedures.

### **Conclusion**

The student fulfilled the goals he set for himself with the submitted work. Despite the above mentioned comments, the presented work meets the requirements for diploma theses. I therefore **recommend** that the commission for state final examinations accept Bc. Osama Ali Trombi's diploma thesis for defense.

I leave the mark on the course of the defense, with the fact that the grade recommended by me is between very good.

**Defense question:** see the text of the review

In Prague 10.01. 2023

Doc. Dr. Dagmar Pavlů, CSc.  
Dep od Physiotherapy UK FTVS