

SUPERVISOR'S REPORT

Author of thesis: Bc. Osama Ali Trombi

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

Supervisor: Prof. MUDr. Jan HELLER, CSc.

Aim of the thesis: The aim of this study was to find out the most effective stretching protocol in improving the short-sprint time performance in 20 meters for semi-professional college football player. The author had compared one resistance-training exercise (Bulgarian Split Squat Exercise) with three types of stretching exercises (static, dynamic, and combination stretching exercises). The thesis contains 65 pages text, using 57 literature sources, 8 figures and 14 tables.

Work solution: Author had recruited 20 male healthy semi-professional college football players aged 18 to 30 years, all participants played football in different positions in each group (each group included defenders, attackers, midfields and wings position), and they were choosing randomly to each group from these positions. The intervention program lasted for ten days in five sessions, and each group consists from five participants, the first group was control group (CG), second group performed static stretching (SS), third group dynamic stretching (DS), and last group combination stretching exercises (CSD). The final sprint test on 20 meters was conducted by the Brower Wireless Timer System. The results of the study showed that dynamic stretching and combined dynamic-static stretching exercise program were the most effective in the improvement of time score in sprint performance whereas static stretching program led to a decline in the sprint test performance.

Choice of topic: The author had selected the topic according his deep interest in stretching exercises and their use in the athletic training and sports game preparation. The author assumed that some types of stretching or combination of specific stretching exercise may improve the speed of running in football players that may be decisive for their performance. The author worked independently, he chose the intervention procedures and had selected the appropriate field testing method of the sprint performance Brower Wireless Timer System (with help of the thesis consultant assoc. prof. Dr. Tomáš, Malý, Ph.D.).

Methodology, research questions and hypotheses: Main research question was aimed at the effects of the most effective stretching protocol in improving the short-sprint time performance in 20 meters for semi-professional college football player and the author had compared three types of stretching exercises (static, dynamic, and combination stretching exercises, combined with Bulgarian Split Squat Exercise. The author had stated five hypotheses on the positive improvements of the short-sprint time performance after dynamic stretching and combined dynamic-static stretching exercise program, decline of the performance after static stretching program and no significant change after control intervention program.

Numbering of the chapter is unusual; the **theoretical background** is in the chapters 2 -6, **methodology** in chapters 7-13. **Results** are presented in chapter 14 using of tables and graphs including statistical evaluation of the data.

The discussion is given in the chapter 15 and is oriented firstly at limitations of the study and later at comparison the results of the thesis with the data of other similar studies that is not quite common. Chapter 16 is **Conclusions** and chapter 17 **References**.

Besides the unusual numbering the diploma thesis has also some other reserves in formal aspect and in accurate scientific terminology, and in clear information on the incorporation of the results of the study into practice.

Check for plagiarism: referenced sources are properly cited and a standard plagiarism checking system shows an agreement of 30 % and Turnitin plagiarism checking system shows overall similarity 38 %.

Conclusion: According my opinion as a supervisor, Bc. Osama Ali Trombi – the author of the diploma (master) thesis had demonstrated his capability to prepare and organize a research study and prepare his master thesis based on the results of the experimental study. Therefore, I recommend the thesis of Bc. Osama Ali Trombi for the defense and tentatively propose to classify his master thesis with the mark very good.

Prague, January 18, 2023

Prof. MUDr. Jan Heller, CSc.