

# **Abstract**

## ***Variability of Technique in High Jump***

### **Thesis objectives:**

The main aim of my thesis is to find out the way how the technique in specific training methods of high jump, which are full runup jumps with different directions of the coach, are changing.

The next aim is to evaluate acquired kinematic parameters for each high jumper, compare the results and find defects in technique of V. Urban and V. Hojka.

### **Method:**

Kinematic 3D analysis was used for the study of techniques in specific training methods. Watched spatio-temporal events were recorded on digital cameras. The record was sequentially converted to eligible digital format and processed with APAS computer programme. The output data (partially processed in Microsoft Excel) were gained in APAS programme.

### **Results:**

The influence of specific training methods of high jump mentioned above was achieved. The parallel results out of 35 watched kinematic parameters became evident in 24 kinetic parameters. The athlete L. Urban inclines to „power“ flop, while L. Hojka's technique can be described as speed jumping.