

ABSTRACT

Thesis title: Analysis of annual training cycle of athlete disabled with dyskinetic form of Children's cerebral palsy class F32.

Objective of the thesis: The main objective of this Thesis was an analysis of annual training cycle 2006/2007 in throwing the discus and ball of an athlete disabled with dyskinetic form of Children's cerebral palsy class F32.

Method: To fulfil the objective of the thesis I used bibliographic search of professional literature, Czech and foreign internet references and own observation of an intentionally chosen individual. In this respect I worked with content analysis method, evaluated efficiency of training load, volume, intensity and character of general and selected special training indices and stress load. Static and graphical representation of collected data with subsequent evaluation was done with regard to the objective of the thesis.

Outcomes: Based on collected and evaluated values of general and selected special training indices I came to the following conclusion: volume, intensity of training load, character of selected indices of special preparation, quality of sports training, its variety, professional guidance and quality background participate in the growth of sports performance.

Sports performance grew upon decrease of strength values of particular training indices. Growth was noted only in number of throws with competition weight ball during spring period of training and increase in number of throws with competition weight discus during the main competition summer period.

Key words: Children's cerebral palsy, dyskinetic form, athletic training, CP-ISRA, annual training cycle, general and selected special training indices.