

## **Abstract**

**Thema work:** Overview of anatomical structures involved in neurovisual training

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**Aims:** The goal of this bachelor's thesis is to collect, find out and describe the anatomy of the eye and the anatomy of the brain, as organs involved in cognitive-functional processes during neurovisual training, with the help of literature research. Based on the information obtained, the goal is to create a comprehensive study on the issue of neurovisual training in the last 10 years and describe the anatomy of the eye and brain.

**Methodology:** In my bachelor's thesis, I use the analysis from available sources that solve the given issue of neurovisual training in the last 10 years (from 2014 - until now) from foreign studies and available information about the brain and the eye based on a literature search from the literature, mainly Czech. Key words were determined in Czech: eye, brain, neurovisual training, sensory systems, literary research and in English: eye, brain, neurovisual training, sensory system, literary research.

**Results:** The final thesis, based on a literature search, presents how literary sources, i.e. mainly foreign studies and articles, perceive the relevance of neurovisual training in the last ten years and also how book publications describe a theoretical view of selected human anatomical organs (eye and brain). As part of this research, 75 (total number) sources were studied, of which 32 were Czech and 43 were foreign. The work shows that neurovisual training can be a way to improve an athlete's performance, reduce the risk of head injury, or increase the cognitive work of the brain and eye. The results show that the eye and the brain play an important role in neurovisual skills, but it is important to be aware of the frequency of external and internal factors in order to increase the performance of the athlete.

**Key words:** eye, brain, neurovisual training, sensory system, neurotracker, literary research