

## ABSTRACT

**Title:** Evaluation of Postural Maturation of Preschool Children Related to Regular Sporting Activity

**Objective:** Evaluating postural maturation of children represents quite a big issue. Especially in a group of preschool children – the age range from 4 to 6 years. For this group there is not present a specialised test for motor skills. In addition, developmental kinesiology is not very informed as well. Diploma work deals with 7 simple tests for motor skills and their evaluating in a group of 12 preschool children, who regularly train in a club of rhythmic gymnastics for half a year in minimum.

**The Aim:** Evaluate by testing battery the postural maturation of the group of preschool children (from the same age category between 4 and 6 years) attending trainings of rhythmic gymnastics. Consequently, evaluate the correlation of the level of postural maturation with regard to their sporting results evaluated by coach of the training group in the three degrees scale.

**Method:** Testing the group of preschool children by the testing battery made for the purpose of the Diploma work. Evaluation of the results regarding to the age of the proband and the period of regular sporting activity. Correlation of the results with formatting the groups by coach.

**Results:** There was a deuce in four cases in evaluation in tests and in evaluation by coach. One child was by coach fitted in first group. On the other, the results of testing differed by two degrees in negative sense. The other members of the experimental group have difference in evaluations only by one degree. Evaluation of maturation of neural system confirmed the theory of Kolář, that 4 years old children should have matured neural system. The dependence of the age on the regular sporting training could not be properly evaluated, for the reason that the age range of the tested group was wide.

**Conclusion:** Significant help for more precise distinction of the motor level of experimental group will be selection of children of nearly same age and of the same length of regular training. It would be helpful to create second part of testing battery, more concentrated of specific tests typical for various sport branches.

**Key Words:** Postural Maturation, Developmental Kinesiology, Motor Scales, Motor, Test Systems, Sporting Activity of Children, Preschool Age.