

Abstract

Title: Advantages and disadvantages of left – handedness and crossed laterality in combined track and field events

Objectives: This bachelor's thesis aims to determine whether left-handed athletes have an advantage or disadvantage in combined athletic events and how this affects their sports performance. It also focuses on whether left-handed individuals face any disadvantages during athletic training. Another objective is to explore the advantages and disadvantages of crossed laterality and how it influences athletes' performance. The thesis further examines how athletes themselves perceive crossed laterality and whether they consider it an advantage or disadvantage in training and competition in combined events.

Methods: Qualitative research (questionnaire survey)

Results: The questionnaire survey revealed that left-handed athletes primarily perceive disadvantages in the training environment. Coaches often demonstrate exercises only on the right side, making it more difficult for left-handed athletes to understand and learn the correct technique. In the case of crossed laterality, issues with coordination and limb dominance were described, but also advantages in terms of versatility. Neither of these differences presents a significant obstacle to athletic performance, although they may influence the learning process of technically demanding disciplines.

Keywords: left-handedness, crossed laterality, advantages and disadvantages of left-handedness and crossed laterality, combined track and field events, sports performance