

Abstract

Title: The motion analysis during warm-up before the basketball match in our elite leagues

Goal of the graduation thesis: The description of content and the structure of warm-up exercises on the base of indirect observation (videorecord) and heart-rate metering, efore the basketball matches of chosem men and women teams in our top league.

Method: The specialized literature, method of indirect observation (videorecord) and heart-rate metering was used for the acquirement of necessary information. Collected data was statistically processed.

Results: The results explains representation of exercises in warm-up. All the data are graphically presented. Monitored hypotheses are confirmed or refutated.

Keywords: warm-up, preparing for performance, basketball.