

TITLE

Monitoring of Kinetic Efficiency of Pupils on the Secondary School of Krušnohorská 11 Elementary School.

AIM OF ASSESSMENT

The aim of this diploma work is to find out a level and progress of the kinetic efficiency of sports classes pupils with athletic nad ice hockey specialization in one year.

METHOD

The thesis is elaborated in form of the empiric quantitative research. This research proceeds in standardized environment with minimalized outside influences (gym).

Chosen group are pupils of the second grade of the sport primary school.

RESULTS

The results of our study shows, that despite of discussed regress of motion activity connected with bed shape in children and youth, have the kinetic efficiency of sport class pupils from chosen primary school still high level.

KEY WORDS

Kinetic abilities, physical fitness, testing of kinetic efficiency, sport class, Unifittest 6 - 60