

The precis

Title

Basic skills training efficiency in paragliding

Goals

The goal of this thesis is to get the picture of a basic paragliding course in connection with acquiring required skills related to the control of a parachute, manipulation with a parachute, fulfilling predetermined tasks during the flight itself and to find out the learning progress of activities chosen in advance from the gained knowledge about the measured person, and consequently to try to find the factors which influence this learning progress.

Method

The thesis is compiled in the form of a qualitative research. For the collection of data we have chosen observation and standardized questionnaires NEO five factor personality inventory and POMS (Profile of Mood States).

Results

From the recorded data we have found out a different learning progress of individual groups created on the basis of a different extent of required activities. In the area of the emotional states development, it is possible to observe changing representation of measured factors in individual groups and a their different development during the course. The structure of personality is also different for each group.

Key words

Personality, motor learning, anxiozity, anxiety, fear, personality profile, progress of emotional states, learning curve.