

## **Abstract**

**Title of thesis:** Options of recovery in women's artistic gymnastics.

**Goal of the project:** To find out how gymnastic centres are informed about the options of recovery and opinions of the head instructors on the recovery and the need of it. To find out what recovery agents in chosen gymnastic centres are used in the Czech Republic and other countries.

**Methods:** For this research has been used explorative method through technique of unstandardized question forms. 27 of these question forms have been sent by e-mail, 6 have been returned and properly filled out.

**Results:** The result of this thesis is view of possible recovery procedures and reaction on their application by questioned gymnastic centres.

**Key words:** women's artistic gymnastics, physiology, recovery, question-form.