

Abstract

Title:

Influencing healthy oriented physiological fitness by using BOSU®

Aims:

The main aim of the diploma thesis is an analysis of a potential use of BOSU® exercise equipment in the process of influencing healthy oriented physiological fitness and an analysis-based project of a structured exercise program.

Method:

This thesis does not have an experimental scientific character. The objective definition was based on personal experience in the field of exercise programs and made with regard to the absence of specialized publication about the new exercise trend BOSU®. The thesis includes a satisfaction questionnaire research about BOSU® lessons and its statistic evaluation.

Results:

Analysis of potential use of BOSU®, project for exercise programs structure using BOSU® and a description of its influence on elements of healthy oriented fitness.

Key words:

Healthy oriented fitness, BOSU®, regular exercise activity, exercise abilities, questionnaire research, model exercise program.