

ABSTRACT

The title of the work:

An attempt to compare theoretical and practical patterns in physical and technical preparation for high jump

Aims of the work:

An attempt to characterize approaches of intentionally selected authors to the question of employment of various training means for physical and technical preparation and consequently, find out how specialized coaches solve this question in practice.

Methods:

In order to obtain a sufficient amount of research data the Methods of Quantitative Research were used within the framework of the diploma thesis. Namely, it was the Method of Documents and Physical Data and the Method of Non-standardized Questionnaire. For the work with the graphs the Method of Comparative Analyses was used. The employment Method made it possible to obtain the data in a relatively short period of time. The individual techniques were – for the purposes of easier understanding – described in detail in the research part.

Results:

The attitudes of selected authors and specialized coaches were investigated in the diploma thesis by the Method of Quantitative Research, Method of Documents and Physical Data, Questionnaires and furthermore by the Method of Comparative Analyses. The results point out the difference (agreement) in the employment of imitation techniques in theory and in practice (in specialized literature and coaching practice).

Keywords: Imitation exercises, jump, training session, technique.