

POSUDEK OPONENTA MAGISTERSKÉ DIPLOMOVÉ PRÁCE

REPORT OF MASTER THESIS - opponent

Opponent's name: PhDr. Petr Šifta, Ph.D.

Leadership's name: Bc. Zuzana Hloušková

Student's name: PhDr. Jitka Čemusová, Ph.D.

Title of diploma thesis:

Efficacy of post-izometric relaxation technique on muscle tissue and its viscoelastic properties after physical activity

Goal of thesis:

Evaluation of the effect of PIR techniqe on properties on muscle tissue after physical acitivity, literature review

1. Volume:

* pages of text	72
* literature	66(56)
* tables, graphs, appendices	13 graphs, 2 enclosures, 27 tables, 12 pictures

2. Seriousness of topics:

	above average	average	under average
* theroretical knowladges		X	
* input data and their processing	X		
* used methods		X	

3. Criteria of thesis classification

	evaluation			
	excellent	very good	satisfactory	unsatisfactory
degree of fulfilment of the goal of thesis		X		
<i>In my opinion there should be more participants, diferent systém of random selection of participants</i>				
depth of analysis of thesis	X			
logical constutruction of work		X		
<i>The chapters of results and discussion should be divided</i>				
work with literature and citations			X	
<i>The citation norm is not uniform, e.g. there are not numbers of ISSN, ISBN in all publications</i>				
adequacy of used methods	X			
design of work (text, graphs, tablels)	X			
stylistic level	X			

4. Usefulness of the thesis outcomes:

under average	average
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There are very interesting results of the thesis, for clinical practices are useful.

5. Comments and questions to answer:

*There is a mistake in the name of thesis between Czech and English word ... aktivita/activity, and some mistakes in text, e.g. Postfacilitation stretch- 2.4.1
Can you specified the "steric blocking model" which you have mentioned on the page 29?
Can you explane know-how of the picture nr. 8?
Are you sure about participants, their random choosing? if they are any students of physiotherapy in FTVS?
Which equipment was used for measurement of heart rate and lactate level?
Can you explane graph no 1 on page 46, which units are used in axes?
What would you like to change in your thesi? In your experiment?*

6. Recomendation for defence:

YES	NO
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7. Designed classificatory degree

1-2

according
defence