Abstract

Title: Influence of Actual Psychological State on a Sport Performance in TeamGym

Purpose: The main aim of this bachelor theses is to determine the actual psychological state experienced before the competition and to find out the influence it has on athlete’s performance. The difference between the performance and psychological state in cup competitions and competitions where team can move on to the next round is also discussed in this theses. The TeamGym, as a young and not so well known discipline, is also introduced in this theses.

Methods: The research method used to evaluate actual psychological state of gymnasts is the questionnaire method SUPSO founded by Oldřich Mikšík. This questionnaire is applied on the members of the team before every competition. The methods used for determination of the performance are the analysis of every competition video record, the analysis of obtained results and interviews with a team coach and TeamGym judges.

Results: As a result of this theses is the description of psychical states of all the team members and its improvement during the season. The sport performances are also evaluated and the connection between them and the psychical states are discovered. The results could be used for determination of states most influencing the performance and their regulation before next competition for obtaining better ones.

Keywords: sport performance, TeamGym, sport psychology, questionnaire, APS