

Abstract

Title: Flexibility of younger school-age children in the area of lumbal spine and hip joint

Aims: The aim of the Bachelor thesis is to determine a level of the point mobility in the area of lumbal spine and hip joint in youger school-age children.

Methods: The group of children consist of 23 pupils from the primary school at the age of 8-10 year old. We measured the flexibility of children in the area of the lumbal spine and hip joint with using a standardized motor test Sit and reach test.

Results: The results of the work inform about a level of flexibility in the area of the lumbal spine and hip joint of younger school-age children. As a result, it has been found that 30% children reach below-avarage results, and 70% children reach avarege and above-avarege results. The children who are regulary give time to physical activity tent to score better results than children without regular physical activity.

Keywords: flexibility, younger school-age