Abstract

The title of the thesis:
The effect of exercise in the fitness center, depending on client education

The aim of the thesis:

The thesis aims to identify the reasons for clients to access the fitness center, their training goals and whether collaboration client with a personal trainer to improve the effectiveness of training and the effective achievement of client objectives.

The methods of the thesis:

We conducted a deliberate choice of people without regular physical activity history. Clients never attended a regular fitness center. The experimental group was composed of 10 clients. These were 5 women and 5 men. The age range was from clients 23-47 years, weight rating ranging from 61 kg to 105 kg, and the height was from 157 cm to 192 cm. Sedentary work has 6 surveyed respondents, 4 respondents have a job that requires some physical activity. The content of the diagnostic work is both polling questionnaire form - an exercise regimen, and anthropometric and motor testing - chin on the unit, operating in support of the forearm and run to 1500 m Entrance diagnosis was made before starting the program, the month followed by diagnosis and control after the second months ago, we made a diagnosis output.

The results of the thesis:

The results of diagnostic exercises show that the month exercise program without the cooperation of the coach was with clients to improve by 12, 6% compared to baseline. The next month, and participation and leadership coach brought improved by 18, 7%. The effect of exercise in the fitness center is thus increased by 5 to 8% in the case of cooperation with the coach and therefore increasing client awareness of musculoskeletal intervention program. The largest positive shift occurred in practice chin with help where clients achieved an average improvement between the control and the output measurement 33, 7%, the least we are influenced by aerobic fitness of the individual. In the course of 1500 m has improved by only 2, 7%, similar to the value of the improvement we recorded anthropometric measurements of abdominal circumference by 2, 5%. After educating clients a 100% increase their interest in the subsequent cooperation with the trainer.

Key words
The intervention exercise program, fitness center, trainer