

# Summary

**Title:** The Gymnastics objects analysis in preparation of physical education teachers with focus on Artistic gymnastics.

## Thesis objective

This thesis was aimed to determine the content of Artistic gymnastics as a part of physical education teaching study programme. To achieve the primary objective two other sub-objectives were established. These were examined in two research phases:

1. the school documentation analysis in respect of:
  - a) objectives, results and contents of Artistic gymnastics study plans
  - b) distribution of individual Gymnastics objects (Artistic gymnastics in particular) and their frequency in a lesson plan
2. to learn and define requirements posed upon the personality of a high school physical education teacher.

## Methods

The research continued in two phases. The first phase was to analyse the school documentation and explore the focus on contents of Artistic gymnastics study plans, its range and required results. To find the answer on relevance and necessity of particular competences of Artistic gymnastics graduates the repertory grid method was used in the second phase of research. The repertory grid provided large quantity of information questioning a group of 15 experts divided in three sub-groups based on their experience with gymnastics teaching.

## Results

With respect to particular objectives of the thesis the following results were achieved:

### 1) school documentation analysis

- the Artistic gymnastics lessons within all faculties providing teaching courses have been reduced significantly due to new accreditations of study programmes Charles University Faculty of Physical Education and Sport has completely suspended this object from the bachelor course
- content of the object results in bachelor course being more focused on motion skill control development and less on theory and didactics

**2) to learn a define requirements posed upon the personality of a high school physical education teacher**

- required competence determination, constructs created were divided in 9 categories
- particular elements ranking (Artistic gymnastics graduate competence) describing most frequent clusters of the elements.

Resulting dendrogram has divided 8 variables (elements) in three strains:

- theoretical requirements
- didactical requirements
- practical requirements.

**Key Words:** teacher's competence, repertory grid, school documentation analysis, study plans, didactical requirements.