

Abstract

Title: Qualitative diagnostics in fitness center.

The aim of the diploma thesis: The aim of the theoretical part of the diploma thesis is to summarize the knowledge about the diagnostic entrance test for motion assumptions in fitness and afterwards to help as a study material for people who are interested in being educated in this department. The aim of the practical part of the diploma thesis is to perform the model situation of the diagnostic entrance test in the fitness center carried out in the presence of 10 certificated personal trainers with many years of experience and then with help of semi-structured dialogs and the overall analysis of the concept of the diagnostic, together with an analysis of their experience with diagnostic entrance test in fitness as a whole. Subsequently these data are compared with the theoretical part of this thesis.

Objectives: There was used the method of analyzing specialist literature and qualitative research. The qualitative research was done in the fitness center.

Results: The outcome of the project supported the theory that the diagnostic entrance test is still not common part of the work of fitness trainer and commonly implemented diagnostics in fitness does not match the theoretical principles of diagnostics, but it is sufficient for the purposes of exercising in fitness.

Key words: Fitness- The diagnostic entrance test- functional disorders of the musculoskeletal system- muscle imbalance- bioelectric impedance- caliperation.