Abstract:

Title: Individual evolutions of performance in decathlon

Objectives: The main aim of the thesis is to evaluate the dynamic and the evolution of performance six selected decathletes. We assessed few young decathletes, which competed in nonathlon because of their age, and the rest of the decathletes in decathlon during their athletic careers.

Methods: This thesis occupies with qualitative research. Based on the analysis of selected documents we used the method of prediction and comparison. The main aim was to study athletic results of all selected decathletes. All of the performances were scored by IAAF scoring tables for combined events. We chose a few decathletes of different ages, the age range of our selected decathletes varies from 18 to 27 years old.

Results: We found out that the biggest increase performance of decathlon results were when all our selected decathletes were beginning of their athletic careers. The only exception is Marek Lukáš, he did not achieved an increase until later. When they were adults, their increase slowed down. We found out that the contemporary decathletes have similar growth rate performance.

Keywords: decathlon, track and field, efficiency, analysis