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