

## **ABSTRACT**

**Title:** Kinesiology preview of evaluation of long jump

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### **Aim:**

The aim of this bachelor thesis is to study the issue of possibilities of kinesiology evaluation for understanding long jump in track and field with the help of literature review and get to know the possibility of complete kinesiology evaluation of long jump.

### **Methodology:**

This thesis is focused on studying possibilities of kinesiology evaluation of long jump in track and field with the help of literature review of selected scientific literature concerning human motion system, general kinesiology, and special kinesiology of lower limbs, biomechanics, characteristics and technique of long jump and special kinesiology concerning this track and field event. Due to exploring chosen topic from various points of view (general kinesiology, anatomy of human motion system, biomechanics) I been trying to understand special kinesiology of long jump.

### **Results:**

In this bachelor thesis I have reviewed 28 sources of Czech and 49 sources of foreign literature listed in the reference list, so 37 of those sources were online and 40 were books. I found out that kinesiology evaluation of long jump in athletics is a very complex issue. There are very few authors, that focus on special kinesiology of long jump. For understanding chosen topic is appropriate to explore it from various points of view (general kinesiology, anatomy of human motion system, biomechanics of long jump) to understand special kinesiology of long jump. Opinions of various authors about a technique of long jump are not expressly diverse.

**Key words:** track and field, field event, long jump, human motion, kinesiology, anatomy, biomechanics.