

ABSTRACT

Title:

Compared organizational forms of aerobics

Objective:

The aim of the work is - based on theoretical knowledge, inquiry and the analysis of competition compositions - to define the characteristics of the most appropriate organizational form of organizing movement compositions in aerobics.

Methods:

The method used in this work is the description of the theoretical foundations supplemented with my own commentary. I will seek consensus in the organization and evaluation of three selected movement composition competitions in aerobics. The second method will be questioning. I will create a questionnaire which will be supplemented with interviews. Respondents will be chosen from the ranks of trainers, authors of movement compositions that are part of the contest. The third method will be the analysis of three selected competition exercises.

Results:

The result of the work is the definition of the most appropriate organizational form of organizing competitions in aerobics movement compositions.

Keywords:

Movement compositions, rules, aerobics , ratings.