

REPORT OF DIPLOMA THESIS

Leadership's name:

doc. PaedDr. Dagmar Pavlů, CSc.

Student's name:

Bc. Sebastjan Gantar

Opponent's name:

PhDr. Ivana Vlácilová, Ph.D.

Title of diploma thesis name:

Differences during quiet standing when breathing abdominally

Goal of thesis:

The aim was to examine the effects of abdominal breathing on selected muscles and stability during quiet standing to find empirical evidence if it can reduce the strain and change the activity pattern, which erect standing demands from the muscles. The thesis is divided into two parts. In the theoretical part there is the general description of posture and breathing from an anatomical, kinesiological and biomechanical point of view. In the special part there is the description of the measurement, results, discussion and conclusion.

1. Volume:

* pages of text	135
* literature	130
* tables, graphs, appendices	5 tables, 7 figures, 2 appendices

2. Seriousness of topics:

	above average	average	under average
* theoretical knowledges		x	
* input data and their processing		x	
* used methods		x	

3. Criteria of thesis classification

	excellent	very good	satisfactory	unsatisfactory
degree of aim of work fulfilment	x			
<i>The aim of the work was fulfilled.</i>				
independence of student during process of thesis	x			
<i>I positively evaluate the student's work in a lab, that it was an experiment and that he had photos as a documentation.</i>				
logical construction of work			x	
<i>The thesis includes too much and too wide general anatomical, kinesiological and biomechanical description (109 pages) and less information about the experiment (only 26 pages). The hypothesis are confirmed or rejected in discussion? Why not in conclusion or in results?</i>				
work with literature and citations		x		

The thesis includes enough literature sources (130), in the text the citations should be written into one parenthesis, sometimes there is a different form of a citation (author, year) x (author, initial, year). The citations are not in chronological order, sometimes all the authors are named in the citation, sometimes it is shortened with et.al

adequacy of used methods		x		
<i>meets the requirements of the diploma thesis. The thesis includes too much general description in the first part (109 pages) and less information about the experiment (only 26 pages). The methodology of posturography could be better described with more details, more pictures. The hypothesis H0 is the basic information which was not tested! Why it is written as the hypothesis? I miss the explanation of the movement in the Y axis or X axis (it is hidden in the text in the discussion). The limitation of the measurement is well described in the thesis.</i>				
design of work (text, graphs, tables)		x		
<i>The figures and tables are easy to read and well arranged. The graphs are called as a figure. The list of figures and tables are not explained (page 144).</i>				
stylistic level	x			
<i>with not a lot of stylistic mistakes</i>				

4. Usefulness of the thesis outcomes:

under average average above average

5. Comments and questions to answer:

Did your subjects train abdominal breathing before the measurement? How the subjects knew how to breathe abdominally? You wrote that the ribs can not moved during abdominal breathing? How did you do it during the measurement? Can the width stance influence the stability (the COP)? How was the starting posture defined? Were the EMG results statistically evaluated to be able to confirm your first hypothesis?

6. Recommendation for defence:

yes

no

7. Designed classificatory degree

very good

Date: 21.4.2016

PhDr. Ivana Vláčilová, Ph.D.

