

Report by diploma thesis supervisor

Author of thesis: **Bc. Sebastjan GANTAR**

Thesis title: **Differences in postural activity during quiet standing when breathing abdominally**

Supervisor: Doc. PaedDr. Dagmar Pavlů, CSc..

The thesis presented on the subject of “*Differences in postural activity during quiet standing when breathing abdominally* “ has been prepared on 156 pages of text using 130 literature and other sources and incorporating 4 pages of appendices. The author of the work has divided systematically into 12 basic sections, which is fully in accordance with the rules for writing diploma works. In the first section he introduces theoretical aspects of the thesis, in the second describes posture, in the third - eight sections he deals with theoretical aspects of biomechanics of human body, of body structure, of movement control, of maintaining the upright stance, of faulty posture and of breathing. The nine section is entitled research methodology, discussion is in section 11 and the twelve summarises the results.

The principal aim of the work was to examine the effects of abdominal breathing on selected muscles and stability during quiet standing - I consider the subject chosen to be very topical and its resolution to be beneficial.

The whole work is written very exactly, in methodological terms the research is conducted in a very satisfactory manner. The conclusions to which the author has come are very beneficial for practice.

From a formal point of view there is no further comment I can make to the student, nor do I have comments to make on the my cooperation with this student. On the contrary, one should highlight the great care taken over the work, the clear use of language, even though this was not the student's mother tongue.

The diploma work as submitted exceeds the demands which are made of diploma work. I therefore **recommend** that the Committee for State Final Examinations accept the work of student Bc. Sebastjan Gantar for viva voce defence and I propose a mark of excellent.

Question for viva voce:

Please state the most basic and specific recommendations which you would propose and could be immediately implemented in practice, based on the conclusions of your research.

In Prague, 24. April 2016

Doc. Dr. Dagmar Pavlů, CSc.
Dep. of Physiotherapy UK FTVS in Prague