

Abstract

Title: Influence of Pilates method on the function of the deep stabilization system with professional instructors

Objectives: The main aim of the thesis was to prepare a test battery to evaluate HSSP activation of instructors of Pilates method. Subsequently, to evaluate the data obtained in testing phase and then conclude whether the statement that Pilates method positively affects the HSSP is true. As sub-goals, I aimed to find out the reason why they decided to become Pilates instructors, and to map the locations of training centers that provide courses of this method.

Methods: In the thesis, practical testing according to test battery prepared for the specific purposes of this study was used. Questionnaire was used as well. In order to verify the truthfulness of the research hypotheses, the software Microsoft Excel version 2010 was used. In processing the data from the questionnaire survey, software Google Forms was used in addition to Microsoft Excel version 2010. The results were then processed into tables and charts. The thesis contains elements of experimental studies.

Results: Data obtained from the test battery showed that the Pilates method has a positive influence on the HSSP of Pilates instructors. The data from the questionnaire survey showed that teachers completed the course "Instructor of the Pilates Method" mainly due to the fact that they enjoy Pilates themselves and also that the method provided them with a relief from their own health complications. Regarding the localization of where training centers exist, data from the survey and professional literature was used. Centers providing courses on becoming a Pilates instructor, are located mainly in Prague.

Keywords: Pilates method, instructor of Pilates method, core stability, core muscles