

Abstract

Title: Compensatory exercise in synchronized swimming

Aims: The aim of this diploma thesis is to find out the effect of movement intervention on compensating the deviations in the posture related to muscle imbalance and to influence the feeling of muscular tension of the back muscles in the girls of synchronized swimming TJ Tábor.

Methods: The diploma thesis is elaborated by the form of qualitative research with elements of quantitative research. The experiment was attended by eight probes with deviations in the posture. A physical intervention in the form of compensatory exercise was introduced to influence the muscular dysbalance in the fuselage region. The research was conducted from October 2016 to May 2017. The research methods consisted of the examination of aspects using a plumb line in the sagittal and frontal plane. Depending on the subjective sensation, probands marked the muscular tension of the back muscles on the modified VAS.

Results: The obtained data were processed by the statistical method (relative analysis). The results showed a positive effect on the body's position in the sagittal and frontal plane. Interventions also positively influenced subjective feelings of muscle tension.

Keywords: synchronized swimming, posture, compensatory exercise, muscle tension, VAS modification