

Title: An integral part of health-related physical fitness

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ABSTRACT

Objective: In recent years, often emphasized the concept of "health-related fitness," which eliminates the risk of lifestyle diseases with the help of optimizing all of their components. One of the components of health-related fitness is flexibility, which allows to improve the efficiency and economy of movement, reducing muscle overload, compensates for holding and has a positive effect on the maneuverability normal activities. The aim was to verify the representation of changes in the flexibility of their localization and relationship with external effects (employment, movement experience) in women of late middle age (45-60 years)

Method: As the main method used goniometry. We included additional examinations, brief kinesiology analysis, dynamic testing, tests on shortened muscles and hypermobility. Anamnestic data we obtained from a questionnaire created according to the needs of the study.

Results: The presence illuminate the changes in flexibility in women of late middle age. At the same time they refer to specific relationships flexibility to the parameters of motion systems and the labor movement or experience

Keywords: flexibility, goniometry, pain syndromes, workload, physical experience