

Abstract

Title: Training of the stabilization system of the body

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Objectives: The main objective of this bachelor thesis is to suggest options for improving sports performance through training of a deep stabilization system of the body. The thesis based on anatomical physiological knowledge which serves as basis for formation of this type of training.

Methods: To determine the quality of a training of the deep stabilization system survey was created and aimed on coaches of fitness. Survey should find out how extensive is the trainers knowledge and experience with this type of training. Creation took place through an online program Survio, and the evaluation of the data was presented by means of MS Excel and MS Word.

Key words: development, natural range, balance, stabilization, coordination, mobilization