

Abstract

Title: Prevention of Movement Disorders in Strength Training

Objectives: Analysis of selected strength exercises based on a theoretical overview with proposal of a possible correction of movement disorders prevention.

Methods: The final thesis has the character of a qualitative study. For its elaboration have been used the form of a theoretic-critical analysis. It is an overview of available literature of all kinds published on the topic. Based on the theoretical knowledge, an analysis of selected strength exercises was carried out and a possible correction for the movement disorders prevention was created. Pictures were taken to compare the wrong and correct movement for all the exercises.

Keywords: deep stabilizing muscles, muscle imbalance, pure posture, condition training