

Abstract

Title: Influence of the three month programme called Spiral vertebrae stabilization - SM system on function of the spiral muscle chains of seniors

Objectives: Main objective of the thesis is to prove positive influence of group exercise by methodology of spiral vertebrae stabilization - SM system by MUDr. Richard Smisek on functions of movement system of seniors.

Methods: Theses is empirically-theoretically based with using of kvaziexperiment research. There was one group of 12 participants, where 7 of them (6 women and 1 man in-between 65-75 years), were involved in three month exercise period. Participants were tested by 5 function tests by Smisek (2015), which they are evaluating function of spiral chains, with use of tailor meter and the protractor.

Results: There were no substantial results during the three month intervention in the monitored parameters. The main cause was insufficient attendance, which was for more obvious results very important. It would be more relevant if we were use longer period of exercise - at least half a year. We can establish positive influence only with three participants, which they had at least fifty percent attendance. We came to the conclusion, that other physical activities of our participants also have high influence on our positive results.

Keywords: SM system, senior, motion stereotypes, walk, coordination, stabilization, spirals, verticals