

Abstract

Title: Comparison of speed - strength and acceleration

Objective: The aim of the thesis is the comparison of speed - strength force and acceleration through testing.

Methods: Data will be collected through testing subjects for the evaluation of this thesis. Part of the research is testing maximum strength, speed - strength and acceleration speed.

Results: After analyzing the results, the first and second hypothesis were confirmed. The third hypothesis was not confirmed.

Key words: strength, speed, power, physical abilities, comparison