

## **Abstract**

**Title:** Changes in level of balance after in-line preparation

**Objective:** The aim of this thesis is to observe the changes in balancing abilities of students of FTVS after two month of in-line preparation.

**Methods:** This thesis is quantitative scientific research, a quasi experiment and several methods were used in it. The method of literary research and the analysis of professional documents for processing the theoretical part of the thesis. Next, in the practical part, active observation, questioning and laboratory testing using the Footscan pressure plate.

**Results:** By doing laboratory tests on the Footscan device, it was found that the level of balancing abilities of the students changed after two months of in-line preparation. Their balance improved. According to the established hypotheses, it was found that two out of four designated tests have statistical significance. Thanks to this thesis, we can say that in-line skating is an appropriate physical activity for improving not only fitness, but other motor abilities as well.

**Keywords:** In-line skating, fitness skating, in-line skating course, sports training, postural stability, balance, balancing ability, Footscan.