

Abstract

Theme: Parkour as new gymnastic sport

Aims: The aim of this work is to introduce parkour as a new gymnastic sport and, based on the somatotypes measurements, define optimal profile of an athlete for this kind of sport with expressing differences in somatotypes with respect to individual parkour disciplines.

Methods: To identify optimal parkour somatotype, there was made the measurement which includes survey of body weight using personal scale, height using altimeter, a biceps circumference in the contraction and calf circumference using measuring tape, a bi-epicondylar dimension of the humerus and femur using thoracometer and the thickness of skinfolds on the triceps, under the shoulder blade, over the hip, and calf using caliper pliers. The measured values of individual parameters were processed using Excel.

Results: The group of probands participating in the research was composed of 50 men and 10 women who are doing this new gymnastic sport. Statistical processing of somatic characteristics of individual probands and its conversion into graphic format resulted in graphs of optimal somatotypes for this new sport separately for men and women. Due to the low number of probands who are doing parkour at a higher level, 10 men were selected for each discipline and 3 women (Czech national team), which were subsequently elaborated in more detail.

Key words: Parkour, somatotype, sport, discipline, abilities, competition.