

Abstract

Title: Compensatory exercises in sports aerobics

Objectives: The aim of the work is to find out the best compensatory exercises for the most common injuries at the top level in sports aerobics.

Methods: To achieve the goals of the work, I used the information I obtained by studying the literature and Internet resources dealing with this issue. I searched for literature mainly in the library of the Charles University FTVS with the keywords: compensatory exercises, sports aerobics, load, training unit, exercises, self-weight exercises, sports injuries and gymnastics. For the implementation, our own experience with this sport was necessary, in the role of a competitor and a coach. I also used professional consultations with other coaches. The method for this research was used a questionnaire, which was submitted to five competitors from the club Fitness center Bány a Hanky Šulcové. Data on the experience with compensatory exercises, the injuries of the respondents and the treatment of these injuries were monitored.

Results: The questionnaire showed that ten respondents had 41 injuries, of which 60 % in the lower limb. Most of these injuries were injuries to the ankle joint, knee joint and muscles in the back of the thighs. According to the data, it cannot be said unequivocally that compensatory exercise accelerated the treatment process.

Keywords: Compensatory exercises, aerobics, sports aerobics, girls, sports injury