

Abstract:

The bachelor thesis deals with using of sports massage as part of regeneration after, before and during sports workout. The sports massage is divided generally into a pre – sports workout, (for the reason of a group’s muscles warming up used specifically for the special sports sector (injury prevention), immediately after sports load (due to an accumulated lactic acid and other waste chemicals wash out) and within 24 – hours duration in the frame of body regeneration.

The aim of the thesis is to compare and map the usage of sports massage in various sports sectors. The icy hockey, football, handball, cheerleading, athletics and floorball are determined as sports sectors for regeneration sports club level comparison.

The research is based by an author on 5 – predefined hypothesis, which, used by the methods of questionnaire research (data are processed by members of icy hockey, football, handball, cheerleading, athletics and floorball clubs) and via testing on the determined and comparable sample in the frame of sport gymnastics, the author verifies in the wrapping up.

The research methods used are comparisons and data analysis based on a questionnaire and interview survey. The author was motivated by the need to analyze the real level of regenerative background of top sports in selected sports branches, as she herself belonged to one of the sports clubs. In writing this work, the author drew from an extensive bibliographic database. She was greatly supported by the advices of the supervisor, especially in the field of stylistics and logical interconnection, as well as her practice in physical culture, swimming coaching and training in the gymnastics department, where she was a long-term representative.

Keywords: sports massage, therapy method, sport sector, regeneration