

Abstract

Name of the work:

Muscle disbalance in the pelvis area among girls in the age of 16-19.

The aim of the work:

To find out the dibalances in the pelvis area among girls in the age of 16-19. To insert selected stretching and strengthening exercises to the physical education lessons at the secondary sport school. With a help of those exercises to reach an abolition of the muscle disbalance of certain muscle categories that influence the pelvis position.

Method:

I found out current condition of girls studying secondary sport school, 1st and 4th year. I used the method of observing, the inquiry method and the method of testing. I have done entering and output tests and when I have the results I could choose the right exercises to obviate the disbalance in the pelvis area.

Results:

The results show positive acces but they are influenced by many other factors that I mention in the discusses.

Key words:

Pelvis, pelvis declinsion, pelvis position, muscle disbalance