

## **Abstract**

Title: Fear at vault in gymnastics

The objective of my thesis was to do a research and to describe methods for overmastering the fear at vault. To define also the practice differences on the basis of how the vault is taught by the coaches of gymnastics and teachers of physical training.

In the theory section, I sketched out shortly the characteristics of the problematical emotions and concepts related with this topic. It was kind of “take-off platform” for the research. The research has been done with 7 teachers and 7 coaches by a method of an interview. And the interview was then analyzed.

In the following chapters I attended to the history of vault and teaching forms related with this discipline. I used realized data and compared them with one another and subsequently with the literature.

Results: It was found out that the tutorial approach of the teachers of physical training and the coaches of gymnastics is very similar. The attitude of the coaches is more positive. In case of the teachers dominates the lack of time in the classes of vault. Subsequent insufficiency the students have to solve by their own initiative and by private classes. The approach and used methods between the teachers and the coaches are alike. They coincide with the didactic methods and process. Neither the teacher nor the coaches attach importance to the psychological methods for not mention it in the interview.

Key words: emotion, fear, anxiety, race (competitive) anxiety, exam fever, activation, imagination, gymnastics, physical training