

## **Abstract**

**Title:** The effect of the health-compensatory education program of foot position in aerobics-practicing adolescent girls

**Objectives:** This undergraduate thesis is aimed to create the health-compensatory education program and test its effect and influence on the position, shape and stress of the foot of adolescent girls doing aerobics.

**Methods:** It is a quasi-experiment study using a research method of a case study. The effect of the health-compensatory education program was tested on 6 girls aged between 16 and 18 years and practicing aerobics. The research sample was divided into 2 groups - the experimental group, which completed the exercises, and the control group, which did not complete the exercises. The health-compensatory education program lasted 12 weeks, 4 times a week for 10-15 minutes. This program was including sensory and motor exercises. The methods of data collection during the entry examinations were kinesiological analysis and the examination on the podoscope. These examinations were repeated immediately after the end of the health-compensation program and subsequently two months after the end of the program. Furthermore, the subjective feeling of pain in the foot area was evaluated using the Visual Analog Scale (VAS).

**Results:** After the 12-week health-compensatory education program, almost no change was observed in the position, shape and stress of the foot for 2 of the 3 subjects. In the experimental group, one subject rather improved, the other got rather worse and the third showed only slight changes in foot load. At the end of the research the position, shape and foot load of the experimental group returned to the initial state. The VAS was more significantly affected by other activities than the probands performed than by the health-compensation program itself.

**Keywords:** compensation, exercises, flat foot, aerobics, adolescence