

Abstract

This diploma thesis will deal with jumps and leaps in aesthetic group gymnastics. The difficulty level of jumps and their execution has a great effect on the total evaluation of the competition programme. The aim of the thesis is to create a detailed analysis of jumps and leaps in practical examples in order to point out the main errors in both execution and composition. The recommendations based on the analysis will help coaches of aesthetic group gymnastic to produce high quality competition programmes and to evaluate them properly.

Title:

Analysis of jumps and leaps in aesthetic group gymnastics.

Aims:

The aim of the thesis is the creation of a detailed analysis of jumps and leaps in chosen competition programmes of aesthetic group gymnastics. The results of the analysis will be transformed into recommendations for the coaches of aesthetic group gymnastics that will help them to produce high quality competition programmes as well as to improve the evaluation of such programmes.

Method:

Qualitative research based on observation of recorded competition programmes of aesthetic group gymnastics.

Results:

The result of the thesis is a detailed analysis of jumps and leaps in chosen competition programmes and further recommendations for the production of high quality competition programmes and their proper evaluation.

Key words:

Aesthetic group gymnastics jumps and leaps, technical value, execution.