

Abstract:

Title: Formative Influence of Acrobatic Rock'n'roll on the Quality of Posture in Children Aged 6-14

Work provides an overview of standardized tests and how to use them in a training process, through which we can evaluate the quality of the posture and assess the impact and appropriateness of applied physical exercise, means and methods in the practice of acrobatic rock and roll. The aim is to gain knowledge about the state of musculoskeletal deliberately selected dancers of acrobatic rock and roll aged 6-14 with a focus on quality assessment of posture. Work in the form of the case study seeks to highlight the significant impact of training load on the level of postural system. To evaluate the quality of posture we have taken tests by Klein and Thomas and Mathias's test and for examination mobility of tests by Janda and Kabelíkova, Vávrová. Values obtained (both aspektion and palpation), we recorded in the relevant forms and for their processing, we used the method of graphical comparison with Microsoft Office Word. More information about probands, we found out through a questionnaire survey. Selected probands were divided into two groups with respect to different frequency load and underwent intraindividuálnímu and inter-evaluation in relation to the aimed at by the model. Burden is reflected mainly in the lower half of the body, which is often reflected in the shortening of the hip joint and lower limbs. Contrast, in the upper part of the body occurs primarily muscular weakness.

Key words: acrobatic rock and roll, optimal posture, muscle imbalance, Musculoskeletal examination