

Abstract

Title: Influence of fear to efficiency in sports gymnastic.

Goal of bachelors study : Detection influence of fear on learning of skills in vault. State what are the experiences of students with vault before their entry to UK FTVS and what are the most frequent reasons of fear in vault.

Method : Research was made by asking thru question forms with students from third year UK FTVS, whose already passed semester of sports gymnastic.

Results : Come to the conclusion that fear is very important for efficiency in vault. Fear is the most often evoke by negative experience or by absence of any experiences with this discipline. Fear makes doubts, concerns and constraint. Most of injuries are makes by thinking from fear.

Key words: fear, anxiety, sports gymnastic, vault, injury