

Abstract

Imagery (inner images) is used by athletes in practice and during competitions. The meaning of imagery can vary, but it is most frequently used to imagine oneself performing physical skills or strategy analysis of game situations and for handling the excitement associated with competitions. Although it is commonly used part of mental preparation for abroad athletes, it is still uncommon in the Czech Republic.

That is why this work in first phase transmits detailed aspect in problematic of the usage and measurement of imagery in sport with emphasis on its use in golf. Major part of this phase is the translation and comprehensive review of English scientific literature on the topic.

Main task of the second phase is the collection and analysis of methods used for testing imagery and its use. The result of this task is the translation of SIQ – Sport Imagery Questionnaire to the Czech Language, performing the measurements and their evaluation and comparison to previous results known from the USA. In total 95 golfers were tested and the main results are: 1) In general, reported values were smaller than in the US. 2) Both tendencies known from the US research were confirmed also for Czech golfers – imagery use decreases with age and increases with skill. 3) Czech players use imagery functions differently, notably the decline in MG-M (Motivation-general Mastery, known to be pivotal for sport performance) from first to third rank. 4) New contribution of the work are the measurements performed also on professional players. Contrary to amateur players their CG (cognitive general) and CS (cognitive specific) show a slight increase with age.

Abstrakt

Imaginace (vnitřní představy) jsou sportovci používané jak v tréninku, tak i během soutěží. Jejich účel je různý. Vnitřní představy se ve sportu nejčastěji využívají pro představení si prováděných dovedností nebo strategické řešení dané herní situace a pro vyrovnávání se s psychicky náročnými situacemi během soutěží. Ačkoli se jedná o v zahraničí často využívanou složku mentální přípravy sportovců, v České republice jde o opomíjenou oblast golfové sportovní přípravy.

Práce proto v první fázi zprostředkovává podrobný vhled do problematiky využití a měření imaginace v oblasti sportu, zejména pak v její aplikaci pro golf. V převážné míře