

## **ABSTRACT**

This master thesis focuses on the influence that artistic gymnastics has on the coordination abilities of young school age girls. The purpose of this thesis was to use motor tests in the field to compare the level of coordination abilities of young school age artistic gymnasts with that of non-sporting girls. The tests results were subsequently statistically evaluated and commented upon. Another aim of the thesis was to compare the coordination abilities of artistic gymnasts aged 6 - 8 years with those of artistic gymnasts aged 9 - 11 years whilst they were undertaking particular tests. From the tests results it can be seen that artistic gymnastics has a positive effect on the level of the childrens coordination abilities. This finding is supported by the fact that in all tests the artistic gymnasts succeeded better than the non-sporting girls. Of the two groups the older girls (9 - 11 years) were more succesful than the younger group (6 - 8 years). The theoretical part of the thesis describes the Child's Motor Development, emphasizing the relationship between coordination abilities and young school age. It discusses the environment of the branch of sport called „women's artistic gymnastics“ and the need for the children's sports training.