

The aim of the diploma thesis was to contribute to knowledge enlargement about the level of actual psychical stages of sprinters during race.

In the theoretical part of the diploma thesis I am concerned with the influence of motion activity on the psyche and mostly with relationship of psychical factor to performance. I tried to explain the flow state experience, its dimensions and conditions necessary for achievement of it. I presented the dividing of APS and concentrated on their optimization. In the research part of my diploma thesis I used a controlled dialogue, video recordings and two personal questionnaires to build up eight casuistries of the Czech male and female sprinters. Individual casuistries ended in specific conditions necessary to achieve the highest performance and for optimum tuning too.

The individual psychological diagnostics of every sprinter was very important. I looked for what determines the structure of their experience and their performance in the race.