

Abstract

INDIVIDUAL MOVEMENT PROGRAM TO INFLUENCE FITNESS AND AFFECT BODY WEIGHT

Aims: The main aim of this thesis is to influence the fitness assumptions and to affect the body weight of a chosen person on the basis of an applied intervention program. Particular aims involve creating the intervention program, its fulfillment and practical verification, confirmation of defined hypotheses, stating and particularly explaining the differences between measured data before and after the intervention and formulating relevant conclusions and recommendations..

Methods: The research method used in the thesis was an experiment. Its basis was creation and especially application of the six months lasting training program and further testing in laboratory conditions before and after the intervention.

Results: The controlled person fulfilled the training program without complications and in a full scale. The created interventional program involved aerobic activities (running), bodybuilding and other activities (fitbox, cycling, in-line skating, swimming) without adjusting nutrition habits or an eventual diet. The feed-back tests showed/proved that the condition assumptions of the controlled person distinctly improved in all chosen function parameters. Requested weight reduction though was not achieved.

Key words: interventional program, physical performance test, physical fitness, testing