

ABSTRACT

Title:

Postural evaluation of volleyball players at young school age

Defining the problem:

The question of why to evaluate postural maturity of children after one year of life is becoming more frequent. Growing number of children whose parents want them to have athletes, but it is not always targeted early sporting activity for the benefit. In this issue could help mature postural evaluation and implementation of specific tests to assess the suitability of the beginning of targeted sports. The work deals with the evaluation of postural maturity of children younger than school age who are dedicated to volleyball, using a set of simple motor tests and their evaluation and comparison of performance in physical tests and evaluations according to the coaches.

Objectives:

The present study aims to assess postural maturity groups of children younger than school age, who regularly, at least a year, dedicated to volleyball. Evaluation will be using a battery of simple clinical tests. It also aims to assess the physical fitness of children and compare the results of physical tests with tests of postural maturity and performance broken down by coaches.

Methods:

Testing was performed using a selected group of children 7 clinical test battery evaluating postural maturity. Followed by testing the same group of tests evaluating strength, speed, endurance, agility and technique. Comparing the results for age, gender, physical fitness and performance classification groups as trainers. Tests of postural maturity were performed twice and were evaluated using two evaluators independently, physical fitness tests were also performed twice with an interval of 4 months. For all of the evaluated criteria was established rating scale 1-5 (with 1-best, 5-worst).

Results:

In the subjective evaluation by coach, even in the first test battery evaluating postural maturity, none of the probands grade 5, grade 1 but did not reach the majority of probands, the utmost was expressed grade 2, 3 and 4, implying a certain degree of maturity postural probands tested. The test battery evaluating postural maturity were lowest ranked test according Raševa underlings, best-rated test was walking on the line. The test battery evaluating the physical fitness test was the highest rated skips rope, the worst rated recumbent. Between the first and second measurements improved in all probands tested postural maturity, in tests of physical fitness has improved 38% of tested patients. The results of boys and girls did not differ significantly, in postural maturity tests were evaluated more girls in tests of physical fitness of boys vice versa. Consensus of two assessors in the assessment of postural tests maturity was relatively high. According to the comparison of evaluation I and II. test battery, it is clear that the results of the first test battery (evaluation of postural maturity) are better values (on a scale of 1-5) compared to the results II. test battery (fitness evaluation). Confirmed, therefore, that the degree of physical fitness will reflect the degree of postural maturity.

Conclusion:

This dissertation I wanted to build on already published thesis evaluating postural maturity. I also wanted to apply the tests in the previous works were used for preschool age children at school age. I have a test battery of tests extended-specific sports industry (volleyball). For this age group would be appropriate to choose a higher difficulty postural test of maturity, or compared with another group dedicated to the sport sector.

Keywords:

postural maturity, motor tests, school age, developmental kinesiology, physical fitness