

## **Abstract**

**Title:** Effect of sports aerobics competitors to posture for the age categories seniors

**Objectives:** To determine the diagnosis and assess the impact aerobic sports on posture in older age groups in different conditions. Get information on the use of assistive exercise in training units from club coach and selected individuals. Compare the results of diagnostic posture with information regarding use of the compensation exercise. Recommend solutions to the problem in case of deviations from the correct posture.

**Methods:** The work was acquired data with literature study, test methods, questionnaire, observation and interview methods. Questionnaire to help choose the method tested by the diversity of individual responses. Thanks literature tests were designed to evaluate the posture of selected individuals. Method interview with the coach and selected individuals helped to specify the questions on the use of assistive exercise in training units.

**Results:** Allowed me to see that by tested sports aerobics competitors there are different variations of unilateral posture due to overloading and inadequate compensation.

**Keywords:** sport aerobics, musculoskeletal diagnosis, proper posture.