

Abstract

Title: Creating a new concept of cheerleading as a sport in the Czech Republic

Objectives: Creating a comprehensive overview providing a complex information about the sport discipline called cheerleading. Clarifying the character of the sport of cheerleading. Gathering and submitting a comprehensive description of the sports discipline, a set of rules, mandatory elements, and methodologies of cheerleading. Preparation of a material for Czech Cheerleading Association and Institute of Czech Cheerleading as a base of methodology of cheerleading that will be helpful for cheerleading coaches in the Czech Republic to improve their skills and expanding the number of members of the association. Taking photos that will facilitate understanding of issues and eliminate incorrect understanding of theoretical bases in various methodologies.

Methods: A comprehensive classification of sports cheerleading industry required a consistent and detailed approach, a thorough content analysis of foreign literature, including knowledge and experience from my own practice and practice of other personalities involved in cheerleading from Czech Republic and abroad. Finding analogies between sports industries with rich history and newly forming sport industry of cheerleading I have come to an analysis of Czech literature connected to sport industry of cheerleading and analysis of electronic sources. I have also used the method of observation. Comparison and supervision of development of techniques ensured inclusion of current cheerleading techniques to cheerleading methodological papers. Creating my own photos for better illustration of difficult motion elements in cheerleading ensured greater efficiency of understanding and using methodological papers in practice.

Results: A comprehensive review of information related to cheerleading. Complete list of sports discipline cheerleading including its basic components: history, organization, safety, terminology, motions, jumps, acrobatics, sport dance, stunts and leadership of a team. Didactic recommendation how to practice each element that characterize the sport of cheerleading in the form of methodological papers and their photo documentation.

Key words: cheerleader, methodology, didactics, acrobatics, stunt, cheerleading