

**Title:**

Basic Fitness and Physical Development of the Czech Athletics Federation Sport Centers Members

**Abstract:****Aims:**

Aim of this thesis was to evaluate basic fitness and physical development among 12-15 year-old boys and girls – members of the Czech Athletics Federation Sport Centers (CAF SCs) - in the year 2012.

**Methods:**

We processed results from normalized tests carried out by individual CAF SCs in 2012. After revision and correction of data, we:

- (a) assessed completeness of reported test results;
- (b) analyzed results from four tests (50m standing start run, standing long jump, 2kg medicine ball throw and 12 minute run) averaged for age groups (12,13,14 and 15 year old) along with respective standard deviations;
- (c) compared these data with respective data from previous testing in 2011 and with results of average school population (Zapletalová, 2011);
- (d) analyzed data on physical development (weight, height, BMI index) and their correlation with results of individual tests, and compared physical parameters with average population data;
- (e) analyzed results of individual tests for correlation between each other.

**Results:**

We received complete data from 2 530 athletes, which represent 73,78% of all 3 429 CAF SCs members in 2012. Physical parameters were reported by only 10 SCs (from the total of 36 SCs) for 535 members (15,6% of all athletes in the dataset).

In many tests, performance of SCs members in 2012 was worse than of SCs members in 2011. From comparison of physical parameters of athletes with average population, we can conclude that SCs members are taller, more muscular and have more favourable values of BMI index.

**Keywords:**

athletics, sport centers, basic fitness assessment, physical development