

Abstract

The Bachelor Thesis is concerned with problems of childrens strengthening at the age of 13-15. Its aim is to map the using of fitness exercises and games at track and field clubs in Czech Republic. It will also map the using of various tools for strengthening at the same clubs. Based on the collected data will be compiled the set of exercises with the most commonly used tools suitable for that age category. Although the exercise set is formed on the survey results from track and field enviroment it could be also used for purposes in another sports branches.