

Abstract

Title: The reason and benefits of the practising the Power Plate® machine.

Objectives: In this thesis I would like to introduce a vibration machine Power Plate®. In spite of the quite novelty (as the Power Plate® is considered in the Czech republic), is known and very often used, especially in the rest of the western Europe and United States.

The Power Plate company, as one of the producers of products based on the technology of mediating the whole body vibration training to the human body, presents a lot of the benefits gained from the WBVT. Not all of these effects are fully confirmed by the medical research, however large majority of the presented effects have been already confirmed. Therefore I will try to confirm mainly the positive effects of this machine by the publishing the conclusions of the researches, done by the particular institutions.

In the practical part of my thesis I will publish the questionnaire done in the wellness studio Bel Corpo in Prague – Barrandov by the clients who regularly use the Power Plate machine. The questionnaire was done for to compare the benefits which Power Plate organisation points out and the real results of the clients who use the Power Plate machine. The schedule of the questions will be mentioned in encloses.

Encloses will also contain all the types of the Power Plate machine and I will mention the suitable use at the particular places (at home, fitness / wellness centre, etc.).

Methods: The most of my bachelor thesis I will do by the research method. Unfortunately, the suitable literature is published in very little amount and is mainly in foreign language. All the researches, done by scientific institutions are published only in English and are accessible only by the mean of the internet sources.

The practical part of my thesis will be oriented on the questionnaire done in the wellness centre Bel Corpo in Barrandov, Prague. This part will be focused on practical experiences and results of the clients who regularly and in the long-term period use the Power Plate machine.

Keywords: Power Plate®, whole body vibration training, benefits, research, questionnaire.