

ABSTRACT

The objective of this thesis is to examine the presence of the poor posture or the muscle imbalances at younger school-age children. Children do actively sports in a ski club for a long time; they also have a year training plan. Stationary functions and muscle activity in physiological position were investigated by physiotherapist who indicated some poor posture and muscle imbalances. On the basis of that examination there were recommended some compensatory exercises that can help to adjust or to eliminate detected imbalances. Recommended exercises became a part of the club training program, but the main part was practiced at home. According to the entrance and final examination of the participants we can assess the positive influence of the compensatory exercises to muscle imbalances and the children musculoskeletal system. Considering the results of the thesis we are able to proclaim that the long-term exercises can completely eliminate muscle imbalances. The contribution of this thesis has an irreplaceable importance for the work with children in the ski club.