

## **Abstract**

**Title:** The attributes of flexibility in women's artistic gymnastics

**Aims:** The aim of the thesis is to display the importance of flexibility in relation to performance in women's artistic gymnastics. By that are meant attributes related to the range of movement in joint connections from the point of aesthetic criteria, the efficient movement technique and also from the point of medical prevention.

**Methods:** The thesis has character of a summarizing study, which comes out of accessible materials research. The purpose is to collect pieces of information, subsequently organize them and interpret them by the form of recommendations in relation to flexibility development issue in artistic gymnastics. This thesis is not experimental, or more precisely descriptive, its structure is neither related to some hypothesis nor asking scientific questions.

**Results:** The thesis results are presented by the form of generally valid rules and recommendations in relation to the flexibility development issue overlapping to specific field in artistic gymnastics. That is foundation of the suggestion of a particular movement plan focused on the flexibility development at the primary school-aged gymnast's.

**Key Words:** flexibility, movement technique, stretching, hypermobility, body posture