

Abstract

Title: Prediction of trends in fitness aerobic.

Objectives: The goal of the work is based on the content analysis of the successful programs from the World Championship 2012 and 2013 to predict probable development tendency and trends of competitive choreography in FISAF organization.

Methods: The thesis illustrates empirical research character. Observing method and content analysis with assistance of the videorecords was used for the breakdown of the programs.

Results: The result of thesis is an optimal assemblage of the programs from chosen criteria (emplacement, contrast layout, swing moves of lower limbs, swing moves of the full body, interaction), clearly recorded to charts, graphs and related text.

Keywords: aerobic, fitness teams, FISAF, choreography