

The topic of this thesis is the comparison of difficulty and variability of fitness aerobic choreography in cadet and senior age categories - finalists of World Championship 2013. The goal I set was to compare the difficulty and variability of these choreographies in regard to age, which influences the performance. Each choreography is analyzed in accordance with rules of FISAF fitness aerobic team and complemented by interview with an expert in the field.

With the realized research we found out, that seniors choreographies are more difficult than cadets choreographies, the difference in the variability of choreographies of both categories is not significant. The results show the effort to improve choreographies, so differences between younger and older category are getting smaller in regard to possibilities of each age category.