

## **Abstrakt**

**Theme:** Evaluation of stability level of athletes (14-15 years) by MFT S3 Check

**Aims:** The aim of this diploma thesis is evaluation of stability level, sensomotor and pose symmetry of both-limb posture by MFT S3 Check system at a selected group of children attending an athletic club. I used the comparison of values between a group of girls and boys.

**Methodology:** The level of stability, sensomotor and pose symmetry was measured in the course of the race season. The data was measured by MFT S3 Check system and further one leg stand test was used. Measurement was supplemented with a questionnaire survey. I used the comparison of values between a group of girls and boys

**Results:** In the test MFT S3 Check the girls achieved above-average evaluation in the index values and stability sensomotorics than boys, who were evaluated in the test below average. The sum of the average values of divergences from the ideal ratio at both monitored levels were lower by 0.15 at boys. There was proved a medium dependence of body weight and BMI values on the level of stability. Shoe size, incidence of ankle injuries, nor the results of the one leg stand test had no impact on the level of stability.

**Key words:** sensomotor, stability, symmetry, 14-15 years, athletics, testing