

## **ABSTRACT**

### **TITLE:**

Body styling - Principles and Practical Implementation

### **OBJECTIVES:**

The aim of this diploma thesis is the search processing of available literary sources associated with bodystyling and the draft and verification of appropriate bodystyling lessons with positive effect on body composition for women and men without previous experience with bodystyling.

### **METHODS:**

While elaborating this diploma thesis, my efforts were based on literary search, in particular I searched in literature focused on bodystyling and muscular system anatomy. This work shows its descriptive analytical character. Verification of drafted bodystyling lessons reveals, why bodystyling is a suitable form of regular physical exercise or activity. The target group consisted of twelve persons, six women and six men, within the age from twenty to fifty. None of them had previous experience with bodystyling lessons.

### **RESULTS:**

The proposed physical intervention positively affected body composition interceded subjects that directly affected the body shaping. Body fat percentage was significantly reduced in eleven people out of twelve. The result of percentage of fat for the examined group is  $(-0,9\pm 0,6)$  %. There was also a significant increase in skeletal muscle percentage for all twelve subjects. The result of percentage of skeletal muscles for the examined group is  $(0,9\pm 0,2)$  %. In the group of twelve subjects there were only three cases where we registered significant weight reduction. The weight in a group of probands is according to the statistical calculations  $(-0.3\pm 0.9)$  kg. The body styling as a physical activity has been considered positively. By this research we support the idea that body styling is a good physical activity for women and men in middle age with no previous experience with body styling (with regard to their health status).

**KEYWORDS:** Body styling, aerobics, muscle, lesson, draft, activity