

Abstract

Title: Influence of the compensation program for athletes in the Greco-Roman wrestling.

Objectives: This diploma thesis concerned with an evaluation of the postural and phasic muscles on the group of ten Greco-Roman wrestling fighters at the age from 16 to 17.

Methods: For the assessment of the muscular inequality we used input and output measurements and based on the findings we have chosen the intervention program according to recommended literature. We applied the intervention program to the training units for four months. At the end of the diploma thesis we evaluated the significance of our program using output measurements according to the captured photographs, which we evaluated: fulfilled = 1, failed = 2. We used the Wilcoxon test to calculate the statistical significance.

Results: The worst results were found in the area of postural muscles of m.erector truncata and phasic muscles of m.rhomboideus. The best results were achieved in the area of postural muscles of m.sternocleidomastoideus in a forward bend and in the area of the biceps femoris. The best results of the phasic muscles were achieved in the area of m.rhomboideus. At the end of this thesis it is statistically confirmed that applied intervention program eventually results in the significant difference between the initial and final measurement.

Key words: muscle imbalance, phasic muscles, postural muscles, cadet wrestlers, statistic measurement.