

Abstract

Title: Effect of individual intervention programme on selected components of health-related fitness to proband without previous movement experience

Objective: The main objective of the thesis is physical analysis and diagnosis of individual, individual intervention program creation and subsequent assessment of whether and how personally led program can affect selected components of health-related fitness to proband without any previous experience.

Methods: For the needs of this thesis several types of measurements were used. Body composition using bioelectrical impedance analysis, postural stability - posturograph, laboratory stress test on a treadmill, terrain stress test on the athletics track, the basic movement patterns using diagnostic according to Janda, as a complementary test was chosen dynamometer to determine the strength of forearm muscles.

Results: During the 16-week intervention changes occurred in many of the parameters. Individual intervention program has brought significant changes in body composition, specifically to reduce the ratio of ECM/BCM in the early phase of the program, but later was its exacerbation. Generally, the trend showed improvement in postural stability due to the generally realized PA. The intervention program did not demonstrate significant changes in aerobic performance, despite the increase in the volume of endurance exercise. As a result of the systematic implementation of health exercises to minimize muscular imbalances and correct the movement stereotypes.

Key words: Physical activity, health-related fitness, intervention program