

ABSTRACT

Title

Acute effect of static and dynamic stretching on vertical jump.

Objectives

The aim of this thesis is to assess whether it is better to warm up by static or dynamic stretching in order to improve performance in the vertical jump.

Methods

The first part of this thesis is theoretical and is the basis for measurement, which is described in the second part. The tested set consists of ten women volleyball players. Each player underwent three vertical jump measurements on power plates Kistler, which recorded flight time of the player over the plates. All measurements were evaluated afterwards. Five attempts were recorded in each measurement. Measurements were carried out without stretching, after dynamic stretching and after static stretching. The thesis includes a survey that monitors the perception of the players' performance.

Results

Results of the total tested set measurement show that inclusion of dynamic stretching during the warm up leads to a slight decline in the physical performance. This decrease presents about 0.92%. Another conclusion of this research is that the inclusion of static stretching to the warm up also results in a slight decrease in the athletic performance. In this case the decrease is about 1.72%. In a direct comparison of these two types of stretching, the inclusion of dynamic stretching is better than the inclusion of static stretching. The survey shows that players had the highest expectation of their performance after dynamic stretching.

Keywords

Static stretching, dynamic stretching, warm up, vertical jump, volleyball.