

ABSTRACT

Bachelors thesis „A relationship of foot posture with exercise associated muscle cramps in athletes" is focused on clarifying this relationship in the context of theoretical knowledge of exercise associated muscle cramps (EAMC). Each subject of the experimental group (72 rugby league players) completed questionnaire observing their personal history, frequency and character of EAMC. Subsequently the Foot Posture Index (FPI) was evaluated for each participant. Results of assessment were statistically analyzed to reveal possible relationship among BMI, age, sport career length, history of lower limb injury, FPI and cramps frequency. A relationship has been observed between lower limb injury and the occurrence of EAMC. No other associations have not been observed.