

Abstract

Title: Determination of the occurrence of poor posture and muscle imbalance of female students aged 15-19 and possibilities of influencing that by elements of health physical education.

Objectives: The aim of this study is determination of change in posture and muscle imbalance due to regular health exercise for the period of 3 months

Methods: Klein, Thomas and Mayer test method was used to determine posture of each proband. Functional tests of muscles with tendency to shorten were performed according to Bursová (2005), Hošková and Matoušová (2000), Pernicová et al. (1993). Functional tests of muscles with a tendency to become flabby were tested according to Hošková and Matoušová (2000). The method of theoretical analysis and synthesis was used for the chapter "Piece of knowledge" (Štumbauer, 1990). The chapter "Knowledge of data" was processed by Microsoft Office Excel. One-piece non-parametric Wilcoxon test was used to verify the results.

Results: In the chapter "Results" we find detailed information about probands, which we have gained from the questionnaire and from a personal interview. Each proband is discussed and evaluated by means of testing posture and muscle imbalance.

Keywords: posture, muscle imbalance, muscle balance, testing, tight muscles, flabby muscles, health physical education, health exercise, yoga