

Abstract

Title: Development of balance abilities in period of fundamental training in Teamgym

Objectives: The aim of the work is to verify the effect of the interventional movement program with selected Yoga exercises to the level of gymnastic balance skills in the basic stage of Teamgym training.

Methods: An interventional movement program has been created aimed at developing the balance of abilities, the program includes yoga exercises. The program was applied in Teamgym training after fifteen weeks. The influence of the intervention was verified by comparing the results of the experimental and control groups in selected tests of balanced abilities. Data analysis was performed using a non-parametric Mann-Whitney test with a determined probability level of 95%. Test selection was demonstrated on the basis of low probands and expected results than normal data distribution.

Results: The results of the experimental and control groups, when comparing the differences of the results of the input and output measurements, show an improvement in the performance in the selected tests in both groups. This individual comparison shows that the experimental group improved in the outcome tests, in the Standing On One Leg test, with the eyes open and a total of six probands out of eight improved in the non-standardized Standing On Hands test. The control group improved in the Bench Walk and Handstand tests. When compared to the Mann-Whitney test and control group results, the results are statistically insignificant with a 95% probability.

Keywords: Teamgym, yoga, balance skills, testing, interventional movement program