

TITLE:

The Analysis of Choreographies in Sports Aerobics

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ABSTRACT:

The main aim of the bachelor's thesis is to compare the variability and difficulty of elements in sports aerobics in 2022. In addition, the analysis focuses on the comparison of the choreographies of the finalists in the first and second levels of individual women category sports aerobics of juniors and adults in terms of technical index level and variety of difficulty elements. The working methods used are the observation of video recordings and the analysis of pre-selected choreographies. Furthermore, the analysis of the performance is carried out on the basis of predetermined evaluation criteria. Last but not least, at the end of the dissertation, research questions that demonstrate the differences in technical preparation between the first level in the junior and adult category and the second level in the junior and adult category are examined.

KEYWORDS:

Sports aerobics, Czech Aerobics Association, difficulty, variability, technical index