

Abstract

Title: Development of flexibility in young school gymnasts

Objectives: The main objective of this work is to create an intervention program focused on developing flexibility for young school-age female gymnasts, and to practice exercises for a period of 3 months during training.

Methods: For the purpose of this bachelor thesis, we selected 5 tests from the file of the International Gymnastics Federation. The participants were measured at the beginning of the testing period (March) and then again at the end of the testing period (May). For a period of 3 months, they incorporated exercises from the intervention program into their training sessions, aiming to improve their range of motion

Results: The created intervention program had a positive impact on the development of flexibility. Tested girls improved their scores in all 5 tested exercises after the three-month intervention, thus enhancing their level of flexibility.

Keywords: gymnastics, artistic gymnastic, young school age, flexibility, intervention