

ABSTRACT

Title:

Analysis of general physical performance of athletes aged 14 to 15 years in Sports Centres in 2019-2022

Objectives:

The main aim of this thesis is to investigate whether there has been a significant deterioration in the performance of athletes in the older youth category (14-15 years old) between 2019 and 2022. This period was exceptional in that an extraordinary event occurred in the Czech Republic, namely the outbreak of the COVID-19 pandemic, which halted social life and closed sports clubs.

Methods:

Microsoft Excel was used to process the data file provided by the Czech Athletic Association. The statistical software IBM SPSS Statistics was used for statistical operations, tests and graphs. In addition, tests of normality, homogeneity of variances and comparisons of results of correlation analyses, analyses of variance and partial post-hoc tests were used.

Results:

Based on the analysis of the dataset of athlete testing results in the Sports Centres it was found that, between 2019 and 2022, there was a significant deterioration in general movement performance in all categories studied, particularly in the male and female student categories aged 14 to 15 years.

Keywords: athletics, testing, lockdown, COVID-19, sports centers, general physical performance