

Abstract

This bachelor thesis is devoted to the topic of pre-competitive states in sport and the possibilities of their diagnosis and use for practice in aesthetic-coordination sports. The aim of the thesis is to introduce the tools for diagnosis of mental states of athletes before competition. There are many types of these diagnostic tools, and the thesis presents a range of them, from methods developed specifically for the sporting environment, to biochemical and physiological methods, to methods that are not sport-specific and are used in routine diagnostics outside of sport as well as in sport. The bachelor thesis also introduces the psychological pre-competitive states that are the target of measurement of the described diagnostic methods. These topics are specifically discussed with regard to their action in aesthetic-coordination sports. The thesis focuses on the practical application of diagnosis in sport and working with pre-competition states specifically for the specific needs of aesthetic-coordination sports. The empirical part of the thesis is a research design that reflects these specific needs and focuses on perfectionism, which is one of the important topics in aesthetic-coordination sports, and its influence on precompetition mental states. This part of the thesis applies the methods presented first and shows the practical application of diagnostics in a sporting environment.

Key Words

sports psychology, diagnostics in sports, perfekcionism, aesthetic-coordination sports, precompetitive anxiety