

TITLE: Comparison of motor abilities of artistic gymnasts and TeamGym competitors

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ABSTRACT

The aim of the thesis is to compare the motor abilities of gymnasts and TeamGym competitors. Artistic gymnastics, TeamGym and their brief historical development are introduced in the first part of the thesis. Furthermore, motor abilities are described here as well, which are gradually developed in both sports. Girls aged 12 and 13 took part in the testing. For my research, I have chosen gymnasts from Sports Club Hradčany, Jojo Gym and Sokol Vyšehrad. A total of 20 girls participated in the research. In the thesis I used UNIFITTEST battery (6-60) along with a comprehensive motor test - Jacík's test. Furthermore, the research was supplemented by a controlled interview with gymnastics coaches and TeamGym. The participants of the research filled out a questionnaire. Based on interviews and questionnaires, information was added that could have an impact on the results of the survey (number of training hours per week, other sports activities, etc.). The research part shows that gymnasts achieved better results on average in four out of five tests of motor abilities than TeamGym competitors. The biggest difference was in the „leh-sed“ test. Gymnasts were 23.3 % better than TeamGym competitors. The TeamGym competitors had better results than the gymnasts in the „vytrvalostní člunkový běh“ test. Their average performance was 5.3 % better than the average performance of gymnasts. Through a questionnaire survey, I found out that 5 TeamGym competitors were previously involved in sports gymnastics, and 5 TeamGym competitors and 2 gymnasts are engaged in another sport.

KEYWORDS

artistic gymnastics, TeamGym, motor abilities, Unifittest (6-60), older school age (12-13 age)