

Errata k bakalářské práci

Vliv maximální síly v bench pressu na sílu úderu v bojových sportech

Seznam použitých zkratk:

1RM – One-Repetition Maximum (Jedno opakovací maximum)

ATD – A tak dále

CM – Centimetr

IPF – International Powerlifting Federation (Mezinárodní federace silového trojboje)

KG – Kilogram

Kg.m.s⁻¹ – Kilogram metrů za sekundu

KO – Knockout

L0 – Maximální zátěž při nulové rychlosti

M/S/Kg – Metry za sekundu na kilogram

M/S – Metry za sekundu

MMA – Mixed Martial Arts (Smíšené bojové umění)

N – Newton

RFD – Rate of Force Development (Rychlost produkce síly)

SUB – Subjekt

TKO – Technický knockout

TZN – To znamená

V0 – Maximální rychlost při nulové zátěži

VBT – Velocity Based Training (Trénink založen na monitorování rychlosti)

Oprava:

Seznam použitých zkratk:

1RM – One-Repetition Maximum (Jedno opakovací maximum)

A_{line} – Plocha pod čarou

ATD – A tak dále

ATP – Adenosintrifosfát

CM – Centimetr

CP – Kreatinfosfát

IPF – International Powerlifting Federation (Mezinárodní federace silového trojboje)

JASP – Jeffreys's Amazing Statistics Program (Jeffreyho úžasný statistický program)

KG – Kilogram

Kg.m.s^{-1} – Kilogram metrů za sekundu

KO – Knockout

L0 – Maximální zátěž při nulové rychlosti

M/S/Kg – Metry za sekundu na kilogram

M/S – Metry za sekundu

MMA – Mixed Martial Arts (Smíšené bojové umění)

N – Newton

p – Statistická významnost

r – Korelační koeficient

RFD – Rate of Force Development (Rychlost produkce síly)

SUB – Subjekt

TKO – Technický knockout

TZN – To znamená

UK FTVS – Fakulta Tělesné Výchovy a Sportu Univerzity Karlovy

V0 – Maximální rychlost při nulové zátěži

VBT – Velocity Based Training (Trénink založen na monitorování rychlosti)

W – Testová statistika

X – Nezávislá proměnná

Y – Závislá proměnná

2.2 Typy úderů – strana 15:

Často se používá k zahájení kombinace více úderů jdoucích po sobě (Kruszewski a spol., 2016).

Oprava:

Často se používá k zahájení kombinace více úderů jdoucích po sobě (Kruszewski a kolektiv, 2016).

2.2 Typy úderů – strana 16:

Používá se při útoku na hlavu či trup soupeře (Kruszewski a spol., 2016).

Oprava:

Používá se při útoku na hlavu či trup soupeře (Kruszewski a kolektiv, 2016).

2.2 Přímý úder zadní rukou – strana 16:

Zároveň patří přímé údery mezi nejpoužívanější úderové techniky v plně kontaktních bojových sportech (Kruszewski a spol., 2016).

Oprava:

Zároveň patří přímé údery mezi nejpoužívanější úderové techniky v plně kontaktních bojových sportech (Kruszewski a kolektiv, 2016).

2.6.3 Metoda Optimálního výkonového zatížení (Optimum power loads) – strana 23:

Zátěž odpovídající maximálnímu výstupnímu výkonu, získanému bezprostředně před poklesem výkonu je považována za optimální výkonové zatížení (Loturco, 2021).

Oprava:

Zátěž odpovídající maximálnímu výstupnímu výkonu, získanému bezprostředně před poklesem výkonu je považována za optimální výkonové zatížení (Loturco a Dello, 2021).

3.3 Metodika výzkumu – Standardizované rozcvičení strana 28:

Chybějící citace pro standardizovaného rozcvičení.

Oprava:

Rozcvičení bylo standardizováno řešitelem práce.

3.3 Metodika výzkumu – Standardizované uvázání bandáže – strana 29:

Chybějící citace pro standardizované uvázání bandáže.

Oprava:

Standardizované uvázání bandáže bylo standardizováno řešitelem práce.

3.3 Metodika výzkumu – Test maximální síly úderu – strana 29:

Chybějící citace pro Test maximální síly úderu.

Oprava:

Test maximální síly úder byl standardizován řešitelem práce.

3.3 Metodika výzkumu – Test maximální síly v bench pressu – strana 29:

Chybějící citace pro Test maximální síly v bench pressu.

Oprava:

Test maximální síly v bench pressu byl standardizován řešitelem práce.

5 Diskuze – strana 42:

Loturco (2021) potvrzuje, že zapojení cviků rozvíjejících explozivou dolních končetin způsobilo u elitních amatérských boxerů silnější dopad úderu.

Oprava:

Loturco a Perreira (2021) potvrzují, že zapojení cviků rozvíjejících explozivou dolních končetin způsobilo u elitních amatérských boxerů silnější dopad úderu.

8 Literární zdroje – strana 47:

BUŠKO, K. *Biomechanical characteristics of amateur boxers*. Archives of Budo. 2019, roč. 15, č. January, s. 23–31. ISSN 16438698.

DAHIRU, T. *P - value, a true test of statistical significance? A cautionary note*. Ann Ib Postgrad Med. 2008 Jun;6(1):21-6. [online]. PMID: 25161440; PMCID: PMC4111019. DOI: 10.4314/aipm.v6i1.64038.

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CORATELLA, G. SHENA, F. (2016). Eccentric resistance training increases and retains maximal strength, muscle endurance and hypertrophy in trained men. *Applied Physiology, Nutrition and Metabolism*. DOI: 10.1139/apnm-2016-0321

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8 Literární zdroje – strana 48:

FRICKER, P. *Nutrition in sport: Ed Ronald J Maughan*. Oxford. *British Journal of Sports Medicine* [online]. 36(2), 154-b-154. ISSN 03063674. DOI: 10.1136/bjism.36.2.154-b

Oprava:

Výše zmíněný zdroj, byl odebrán z textu řešitelem práce, jelikož byl nahrazen vhodnějším zdrojem. Avšak bylo zapomenuto na odstranění i ze seznamu literárních zdrojů.

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