

Abstract

Title: Comprehensive methodology of parkour of the third age, its meaning, goal and influence on the quality of life

Background: Parkour is currently a very popular and modern sport, which, due to its diversity and natural movement, is suitable for the development of movement skills in all age categories, including the oldest. It is also a way to bring the older generation back to movement, to make movement special and interesting for them.

Objectives: The main goal of this bachelor thesis is to introduce the parkour for elders, which is still pretty new in Czech republic. The second goal is to make proper methodology for course of parkour for elders, which can be then used for the expansion and higher realization of this concept.

Methods: The bachelor thesis is implemented as methodological material. As part of the creation of the work, the experiences of the author of the work, a trainer and parkour practitioner, as well as professional literature and publications were used.

Results: The result is complete methodical materiál, that can be used by trainers and lecturers of both parkour courses and leisure activities aimed on elderly.

Conclusion: The resulting work enables the use of the described methodology in training practice and work with older age groups.

Keywords: parkour, gymnastics, elderly, motor skills, methodology