

Abstract

Title: Investigation of health and psychological factors affecting the termination of the sports career of rhythmic gymnasts in the junior and senior categories.

Objective: The objective of the bachelor's thesis is to find out, based on a questionnaire survey, for what reasons and at what age rhythmic gymnasts most often end their sports career.

Methods: An electronic questionnaire was chosen as the main method for data collection, which was sent out via social networks to former rhythmic gymnasts. This questionnaire was created and filled out via the website.

Results: Based on the results, it was found that the most common reason for ending the sports career of a rhythmic gymnast is the achievement of personal goals at the age of 19.

Keywords: reasons for ending the competitive career of rhythmic gymnasts, rhythmic gymnastics, age of ending the sports career of rhythmic gymnasts.