

Abstract

In our bachelor thesis we compared the performance of the members of the sport centres (SpS). We compared specialist sprinters with other members of SpS and with the school population from the study Zapletalová (2011). We found that the level of general physical performance of 14 and 15-year-old sprinters is significantly better than that of the school population. The differences between the members of the SpS were not as large as in the case of the school population. We also compared the performance in the motoric test of a 12 minute run of Spanish specialists sprinters and the sprinters of SpS. The sprinters of SpS were worse in this case. Furthermore, we found that general physical performance of sprinters specifically reflected in their athletic performance.

Keywords

athletics, sports centers, testing, general physical performance, athletic performance