

ABSTRACT

Title:

The effect of stretching on maximal muscle performance

Objectives:

Due to the number of studies, concerning the effect of the muscle stretch on sport performance and their heterogeneity in the term of used parameters, tests and even performing the stretch exercises themselves, it would be desirable, thanks to the importance of this subject, to consolidate and evaluate up-to-date knowledge. The goal of this diploma thesis is to compare and assess available literature concerning the effect of muscle stretch during warmup on the sport performance and, ideally, to define the best type of the stretching itself.

Method:

The diploma thesis is composed as a literature review – an integrative review with exactly defined criteria for the use of available studies.

Result :

Even with the nonuniformity of parameters used in available studies there is a consensus in most of the used sources, which met the criteria of inclusion in this research, which (the consensus) determinates the dynamic stretching as the form most appropriate for enhancing the following sport performance. Although studies, proving this result, are in their findings quite unanimous, a precise definition of preferred exercises for performing the dynamic stretching and of its parameters is still missing.

Key words:

stretching, dynamic, static, muscle performance