

Abstract

Title: The Turkish Get-Up in terms of developmental kinesiology

Objectives: The main objective of this thesis is the comparison of the Turkish Get-Up and the positions in developmental kinesiology, the finding of potential similarities or differences and the reasoning behind those.

Methods: The thesis is theoretical in character. The introduction outlines the problematics of this exercise, its opportunities and benefits within rehabilitation, strength training and diagnostics. The objective is to describe the exercise in detail in terms of kinesiology and biomechanics, and to introduce the wider context relating to it.

The first part of the thesis deals with the theoretical approach to the history of the use of the kettlebell in sport and the the history of the Turkish Get-Up (TGU) and its variations. Next are the descriptions of the principles of muscle irradiation and biomechanical breathing match. In any work relating to this exercise and everyday practice it is important to take these principles into account. The conclusion of the first part deals with the diagnostic options of the TGU in terms of physiotherapy and the possibilities of the use of TGU in power training.

Research processing of the issues was built mainly on the use of periodicals available in the Czech Republic and articles acquired in online databases in PubMed, ResearchGate and through paid access from FTVS UK in order to acquire current data. Furthermore print and electronic monographs, text books, periodicals from the library of FTVS UK and the National medical library were used.

In the second, descriptive and analytical section, there follows a list of individual positions from developmental kinesiology that appear in the TGU and their detailed description. Next follows a detailed description of the positions and transitions from TGU. Altogether seven positions that are identical in the ascending and descending stages, and transitions which in

terms of muscle activity differ in the ascending and descending stages. It is a kinesiological analysis in terms of biomechanics and the correct execution of movement. The most common mistakes by practitioners are listed at each position as well as their causes and what they can lead to when not corrected. The conclusion is dedicated to direct comparison of positions and transitions in TGU and developmental kinesiology.

Results: It was found that the positions of TGU correspond to the positions of developmental kinesiology and the differences found between them are due to the stage of development and physique of the child or adult. Other differences result from the use of TGU in strength training and rehabilitation.

Keywords: ontogenesis, muscle irradiation